

CENTENNIAL ISSUE
Nos 1 & 100 COMBINED!

AUST \$5.95

Grass Roots

Craft and self-sufficiency

For down to earth people

**No. 100 & No. 1
Combined**

DEC/JAN1993-4

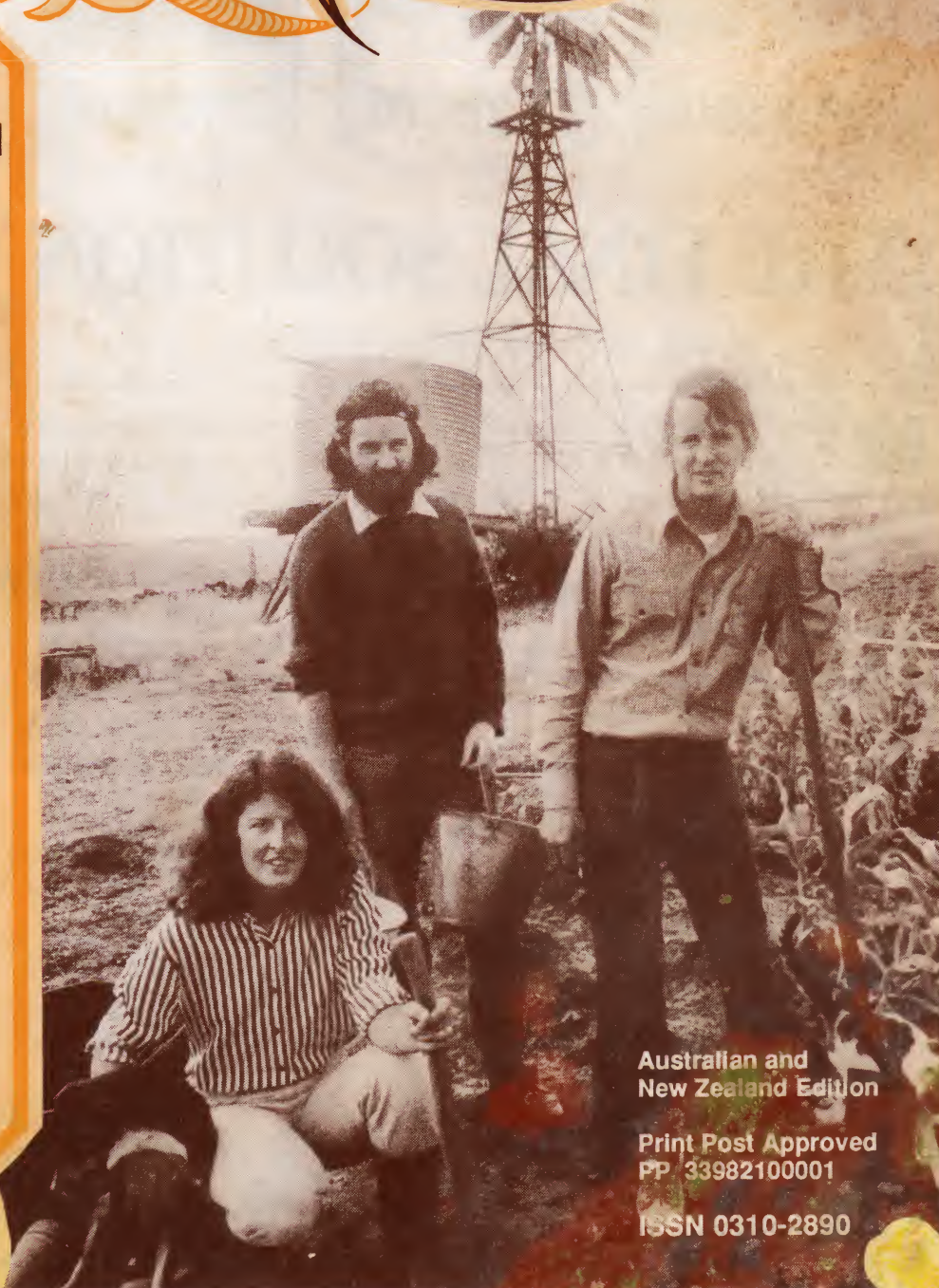
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**Self-Sufficiency
Pain or Paradise**

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**Homemade
Christmas Gifts**

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Vegie Oil Soap

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Bushfire Safety

•
**Low Energy
Cooking**

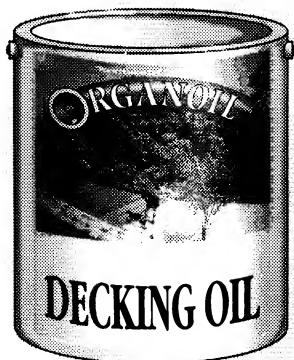


**Australian and
New Zealand Edition**

**Print Post Approved
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ISSN 0310-2890

Preservation IS Conservation



THE FINAL SOLUTION

for all your timber's needs


QUOTE:

Mr Brian Eves -
Internationally renowned
woodworker -
"A lifesaving finish which
has really won me over,
both for ease of
application and it's lustre
on timber, is Organoil. No
more do I stagger out into
the fresh air to recover
after a finishing session in
the workshop! and the
appearance of the finish
is second to none".

March/April 1993
Edition Australian
Woodworker magazine.

PRODUCT RANGE:

- Internal Finishing Oil
- External house Stains
- Decking Oil
- Natural Thinners

 rganoil's timber finishes and preservatives contain ingredients, selected for the greatest performance, SOLELY from the plant and Mineral Kingdoms to enhance timbers natural beauty, preserve the timbers cellular structure, and not poison you, our homes or environment!

Some commonly asked questions - and their answers:

Q Will Organoil work on all timbers?

A Yes. Choose appropriate finish, and follow instructions.

Q Will Organoil go over other finishes?

A Yes - provided surface is clean and previous material is not skin forming (needs to be entirely removed if so). If you have a similar finish that has not performed as you had hoped, or nearly made you ill last application, it is most likely Organoil can go over it as is.

Q Do I have to sand it off prior to a recoat - like normal paints?

A Organoil is IN the wood, not ON the wood, so at worst, a simple wash-down MAY be necessary on exterior timbers in harsh climates prior to applying a new coat. Another saving in time, labour and money! Paints and coats will prove unsuitable on today's low-grade softwoods and immature hardwoods - this factor is particularly of relevance to timber decking!

Q What do we mean by your "Preservation IS Conservation"

A Like the environment, we are here for a long, long time, so we know that to preserve YOUR timber is to conserve OUR future timber - so stick with Organoil and your timber will stay with you.

Q Is Organoil suitable for treated pine?

A More than just suitable - Organoil will protect treated pine from our harsh climate, and strongly assist in the retention of the very potent CCA treatment in the timber (where it should stay) and together they are a very formidable force!

Q Where can I get Organoil?

A Contact us on below Hotline, or write, for more information on your nearest appointed quality stockist:



Organoil P/L ACN 052 501 792
PO Box 377 Byron Bay NSW 2481
Hotline: (066) 855 393



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Front cover: A touch of nostalgia – the original photograph from *Grass Roots* No 1 featuring Lyn, John and Larry vegetable gardening at Diggers Rest, Victoria.

Back cover: Megg, Suni and David, still standing and smiling after twenty years of deadlines and more deadlines. Suni has managed to avoid the publishing problems, but was facing imminent university exams. Perhaps she will orchestrate GR's next twenty years growth.

Distributed by Gordon and Gotch.

Feedback Link-Up Feedback

Dear GR Readers,

Despite being a 'townie' I look forward to each new edition of this wonderful magazine. Could any GRs provide me with (or suggest where to find) information on CRYSTALS AND THEIR POWERS, particularly their healing powers?

Mairi Paige

13 Janet St, KINGSTON 5275.

Dear GR Readers,

I have read with interest over the past 12 months or so letters from people complaining about WRITING TO PRISONERS. Being in prison myself I'd like to say that all prisoners aren't that bad, there are always a few bad apples in every bunch, but please don't judge all prisoners because of a few bad experiences.

I receive EVERY EDITION of GR and thoroughly enjoy each one. I have written to a few people through the Feedback section and have had some positive responses and made new friends. GR magazine helps keep me in touch with what I consider the real world outside. When I'm released I plan to find a nice place in the country to settle down and put the past behind me and to put into practice some of the crafts and gardening techniques I have learnt through GR magazine.

If anyone would like to write to me to discuss techniques and lifestyles as covered in GR I would be only too happy to write back. I would love to correspond with anyone in New Zealand or overseas. Thanks Megg and Mary for a wonderful magazine.

Paul Messenger

PO Box 32, CESSNOCK 2325.

Dear Grass Roots Readers,

This is the first time I have written to GR, although I've been reading the magazine for many years. I would like to thank all the writers of letters and articles and all the staff who've given me so much enjoyment and food for thought over the years.



Edited by Megg Miller and Mary Horsfall.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of *Grass Roots*. All contributions of articles and photos as welcome.

Cover design and artwork by Ian Boyd.

The publishers and staff of *Grass Roots* take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do they accept responsibility for the accuracy of statements made by contributors.

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I am writing primarily because of my interest in education. I have decided to HOME SCHOOL my six year old boy, Sammy, but am very interested in COMMUNITY EDUCATION. I am hoping to contact other people in the Darwin area who are interested in meeting and discussing education, with a view to starting up a learning/resource group.

I would also like to see some INFORMAL LEARNING NETWORKS happening in Australia, a sort of knowledge exchange system. GR and some other magazines already do this, but it would be good to see people corresponding directly and regularly. For example, I am involved in a group which is interested in starting up a permaculture community and we would love to hear from others who have had experience of doing this in a tropical climate. Together we can learn and grow, exchanging not only knowledge, but seeds, love and encouragement. We are only limited by our interests and imagination. Please write to me if you have any interest in the subjects mentioned.

Clare Ridsdale

10 Radford Crt, COCONUT GROVE 0810.

Dear People,

Hi. It's been ten years and my dreams then are now realised. It just proves that faith in dreams, not materialism, can fulfil you. Since the time I last wrote I've found my paradise and now could someone find time to drop me a line on ALTERNATIVE FARMING IDEAS. I'm not into cows or sheep, I love market trade and craft work, am still a mad green thumb, have two gorgeous children to enrich my life and much wonder at the beauty of this planet and its diversity. It's been a long road, now I see it's just begun! All letters answered.

Sandi

RMB 1359, CARBOOR 3678.

Dear GRs,

In reply to Lisa Bures (GR 97): John Seymour's book, *The Complete Book of Self-Sufficiency* is a very good book. It is the one I was using when I started my first organic garden about fifteen years ago. But, as you say, it is relevant to England, not to Australia, and I wouldn't buy it. For one thing, like many English organic farmers, he uses the 'double digging' method of cultivation. Apart from the fact that it is rather time-consuming it is also the case that a high proportion of the country of Australia has very shallow topsoil. Depending on where you settle, you may find you do not want to toss that around but rather, build on it. Where I would start if I were you is where you are right now: get hold of as many BACK ISSUES OF GR as you can and look through them. Reading experiences of people from all over the country, and being able to contact them if you wish, will be far more beneficial than reading a book – at this stage anyway.

And a message to Megg and friends: I didn't realise you were 20 years on. Congratulations. Those of us who are concerned about our environment and the consequences of damaging behaviour, both to the environment itself and our health, for us and for future generations, owe you a great deal for being in the forefront of a genuine – and vital – grass roots movement. One of the reasons I enjoy the magazine so much is just learning year by year how many people there are out there who care about what they are doing, and care enough about others to share their experiences, their expertise and, in some cases, their hospitality, to help those who are like-minded.

Susan Stanton

'Barfold' Organic Farm

PO Box 181, GALSTON 2159.

Dear GR,

Many thanks for publishing the short summary on the PLATYPUS PUMP hydraulic ram (GR 95). There have been almost 200 enquiries. They have been answered and, as you mentioned in GR 96, a kit and assembly instructions are available, also a video. Among the enquiries were five offers from people willing to manufacture and/or market the pump. As I messed up the patents in 1990, there is nothing to stop anyone doing this but I hope the proven design will not be altered without my acquiescence. The Rainbow Power Company of Nimbin is interested in manufacturing and selling it. They are ideally placed to do this and I wish them every success.

Iain Mathewson

23 Wellington St, MACKAY 4740.

Feedback Link-Up Feedback

Hello Readers,

Well, here I am on a Sunday afternoon, sitting in the sun, just finished reading the latest issue of GR, when I thought that it was high time I put pen to paper to thank you for a marvellous magazine. I always like the articles but especially Feedback where I find a GENUINE FRIENDSHIP and generosity with the other readers. I've also found this quite apparent where we (wife and two kids) live at the moment, as virtually everybody would gladly help out in any situation, from loaning a cup of sugar to flood relief, which happens occasionally, but mostly the drought at the moment which is affecting virtually everybody out here.

Now I would like to answer some questions from fellow readers. To Lisa Cooper enquiring about the WHITE MOULD on her vegies: sounds like either powdery mildew or downy mildew. The main method of avoiding these diseases is to make sure that you don't water from above (don't splash water on leaves as this can spread the spores of the fungus). I usually used my homemade 'soaker hose' which was normal garden hose that had a few holes in it and I just made a few more holes and placed this underneath the plants. Some other hints are: make sure your plants are well fed but be careful not to feed them too much, especially nitrogen, as this will produce too soft growth that can be attacked more easily. Try planting your seeds as early as possible in the spring when the weather starts becoming warmer. Also, try to save the seeds from the infected plants and keep these seeds for future, as I have found the plants tend to build up their own resistance after a number of seasons. Finally, use rotational cropping.

To Lesley Houghton about finding a SUBSTITUTE BREAD: there is a soft cover book called *Friendly Food*, by the allergy unit at the Royal Prince Albert Hospital, Sydney. It regrettably only has one recipe for bread, but has many other recipes and ideas for allergy symptom-free living.

Now I have a few queries. Can anybody give me any advice (through Feedback) on how to control red and black scale on lemon trees? I've tried spraying the soapy water from the washing machine on, but without much success. I wouldn't usually worry about it but it is distorting the new growth. I don't want to resort to the commercial 'white oil' which is petroleum based. Also, can anyone tell me how to obtain sandalwood plants as I just love the fragrance?

**GR Fan
GOONDIWINDI 4390.**

Dear Grass Roots,

THANK YOU, THANK YOU, THANK YOU. You are my saving light. I am a 43 year old single mum. My children are at last grown up and independent. Now it's my turn to fulfil my dream. I have been working towards my land and mud brick house for a while now, my most recent step was to move from 1/4 acre to 2 acres, so I could learn as much as possible while still saving for my land.

Every time I feel down and suburbia gets the better of me I read your wonderful books and am again grateful that there are so many people like me in this world. Hopefully, by this time next year I will be living in my own shed on my own acres building my house and being happy. Should anyone want to write I am always ready to have lots of penpals.

**Dianne McKenzie
41 Kersley Rd, KENMORE 4069.**

Dear GR,

Whether living in the city or country, GR readers all have ONE THING IN COMMON: we are all striving to make a better life for ourselves through means different from the present mainstream ideas, get back to basics, save money by becoming more productive and learn to live at peace with our surroundings.

We want to become independent from a society we don't really agree with, rather than having to live by the mercy of that society. It's so nice to see the many contributions amongst readers to try to help each other along life's path with different ideas to make life just that much easier. We are, after all, brothers and sisters.

As we all know, life is full of unexpected events, some good, some not good at all. Having just come back from India recently, I realise what a wonderful opportunity people in Australia have at making a relatively materially acceptable life for themselves. In India things have become so bad that for the majority of the population it's like being trapped. You

may be a gifted poet or artist living in Calcutta, but may have to spend your life pulling a rickshaw or working in a pharmaceutical factory making only just enough money to survive. You may be a skilled maker of beautiful rugs or fine timber furniture, but never will there be any mention of you in a magazine. Forget saving up and moving to the country one day. Finances don't permit such a dream. They have learnt the true meaning of simple living.

In the villages you see whole families living in one room, often with no windows, never able to enjoy the beauty of the ocean or a walk in the rainforest. Many of these people spend their whole life in the one village.

In this part of the world, opportunities abound for us in comparison. And yet, so often we see people wasting their lives, either doing nothing or doing something destructive to themselves and those around them.

I noticed often though that the people of India could still smile. They are fighting through life against all odds but they are still able to maintain a degree of peace within themselves. They have their rich spiritual culture which teaches them that everything happens for a reason and our present situations are temporary. I am writing this to inspire people to realise how fortunate we are to have the opportunities we have to set ourselves up and to motivate people to make the most of their situations and realise nothing happens by accident. I personally have adopted the spiritual culture of India into my own life. There will always be those who will disagree and that's just the way it is, as we all have different hearts and different capacities of understanding.

**Gopali dasi
20 McDonald Ave, PAXTON 2325.**

Dear GRs,

I'm enjoying revisiting GR after a break of a few long years and have been looking for a way to make a contribution and also thank people for all their wonderful ideas and the SPIRIT AND GENEROSITY of giving that is generated throughout this magazine.

The article about the Brisbane Independent School (GR 97), more importantly the philosophy of 'learning through living', has stayed in my head, so much so that I scribbled it into my work desk. One such valuable learning experience for me was to make a clay vessel after locating, digging, sieving, modelling and finally firing, or discovering the right temperature to fire, the clay.

CLAY can easily be found by creek or river beds. Test to see that it is clay by dipping your fingers into a nearby puddle and rubbing the clay through your fingers and thumb. If it feels sticky, it's clay. All the dead foliage and grit can be sieved successfully through fly screen mesh by adding water and pressing clay through the mesh, over a bucket which catches the sieved clay. Allow to sit all night, then drain excess water off. Leave the clay to dry (on plaster slabs if you have them) till it has a clay like consistency, then kneed and model. I recently sculpted my dog and, as there is no kiln in this town, it remains unfired or green. To this point it has held together well, even the fragile tail and ears, and I expect it will stay solid until I move house next.

I thought this information would be useful to home educators or people who have some spare time. It soon becomes a passion. I would also love to hear from other art workers who have art/craft ideas to share.

**Rachel Campbell
PO Box 337, CLONCURRY 4824.**

Dear Editor,

I have JUST DISCOVERED YOUR MAGAZINE, having been given a back copy by a friend. What a great publication it is!

I am a DVA pensioner and have many interests. I play competition squash still (I am 69) twice a week, do a lot of voluntary work and have a large vegie garden. I also have a stall each month at a local Rotary trash n' treasure market so if any of your readers have suitable items I would be glad of them. It is staggering what some people take to the tip!

I have also had a metal detector for some years and done a bit of PROSPECTING, although I am just as keen on finding old coins and relics as I am gold. I belong to a club, so have a fund of maps of suitable places, but I find their outings do not suit me somehow. Perhaps there is someone who would be interested in joining the occasional foray to the country, or someone who has a property I could 'work'.

**A D Buckle
8 Winchester Rd, NUNAWADING 3131.**

GRASS 5 ROOTS

Feedback Link-Up Feedback

Dear GR Readers,

Thanks for a great magazine, it's so full of information, especially the article in GR 91, *Food Allergies*, by G Hall. I bought the book, *Food Combining for Health*, by Doris Grant and Jean Joice, available from Angus & Robertson, 107 Elizabeth St, Melbourne 3000. Although I don't strictly follow it, I don't suffer from colds at all as I used to do and have lost one stone in weight over six months as a bonus, so am very grateful. Another book I recommend is, *Final Notice*, by Barry Smith, from most Christian book shops, which explains why the politicians make such strange laws which affect us, such as selling off our heritage and the privatising of government bodies etc.

Shirley Price
PO Box 590, HORSHAM 3400.

Dear GR,

I have been a reader SINCE THE START and thoroughly enjoy the magazine which just gets better and better. For the goat farm people in Wales: I don't know how TAGASASTE would grow there, but I do know that it must have well drained soil to survive as it hates wet feet. To J Rodgers: the EARTHSHIP FORM OF BUILDING book is available through the library, as I've already borrowed it.

To Anne and Dave Spencer re MAKING PAPER: there are a few books and kits available but one look is worth a million words. Quite a few courses are available in our area so ask around where you live to see if a course or workshop is available.

To Judy Anderson: you don't need an acreage to become self-sufficient. Some people achieve high levels of self-sufficiency on suburban blocks, so it all depends on how much you want to do and if you want to keep animals as well as have a garden.

I would love to write someone (female) who is around my age (44) or older, preferably someone who is as eccentric as I am. I love nature, all animals especially guinea pigs and horses (I have both). We live on three acres of land. I love gardening, trees, making paper and recycling. My heroes are Bill Mollison and David Suzuki.

Muriel White
Lot 131, Summerfield Rd,
SERPENTINE 6205.

Dear GR Staff and Readers,

I must congratulate GR on your centenary issue and especially the people involved in producing this wonderful magazine. I came across GR about the 52nd issue and have been an AVID READER ever since. Number One will be a welcome addition to my collection. I hope you may be able to reprint your other out of print issues one day. I also compliment you on the consistent high quality of your magazine which to me has far outweighed the rises in cover price over the years.

GR has given me the impetus to do something about achieving my long-held ambition. So 12 months ago I finally left the rat race and moved to my property and it has been the most rewarding and enjoyable experience. Of course I am nowhere near reaching a self-sufficient or self-sustaining lifestyle as yet.

I have more property here than I can manage myself and I would very much like to hear from a few genuine people interested in SHARING THIS LIFESTYLE. I would like friendly people who are interested in helping and caring for each other and who can work together for our betterment. This is not a profit motivated venture just a more enriched quality of life.

Anyway, I wish GR a very long future, even if it is just for my sake, as when I have any problems (which are frequent) on the property, I always look for an appropriate article in GR; so far I have always found answers. I hope you are still going at issue 400 (I don't think I will be around after that).

Peter Neall
C/- 343 Woodville Rd, GUILDFORD 2161.

In view of the fact that some readers already perceive us to be 'elderly ladies' (see Gumnut Gossip GR 99) we are seriously concerned about our ability to make it to 120, never mind 400. We don't even want to work out how old we will be by then.

Dear Megg, Mary and all the dedicated staff at GR,

I always enjoy this great magazine and have corresponded with quite a few other readers over the years, for various reasons. I wish to say that

I think the value of GR to so many people from all walks of life, and obviously from so many countries, is immeasurable. I have gained insight into so many things, and so many people's lives in ways that would not otherwise be possible.

I must say also that there are many genuine, sincere people who go far out of their way to be as helpful as possible, in an attitude of care and concern that is unsurpassed. One of these is Mr Don Reynolds from Green Gully, NSW and I believe he deserves recognition for his genuine helpfulness and sincerity. Unfortunately though, as has been pointed out many times in GR, there are many who really make you wonder.

Recently I answered a letter from a so-called 'Christian' person named 'Tansey'. Today I received my letter back marked 'return to sender, not at this address', and yet in her letter to Feedback she states she is hoping to have a penfriend of ten years over to visit with her this year! In her letter she complains of 'attitudes and concerns' of people answering requests of readers for penpals/contacts and complains it's not good enough for some men to write etc. Well, what's the point, if she sends their letters back (partially opened as mine was)?

I wonder at peoples' mentality, let alone their motives for doing these things. I had one lady I wrote to a couple of years or so ago who admitted she 'didn't know why' she put an ad in the Contacts section, as she'd gone back to her boyfriend, and another who was going back to England a week after receiving my letter. Some haven't even bothered to send my letters back, let alone answer them.

I can empathise with some of the really genuine, lonely yet sincere people, women especially, who are treated in this way, and decide (unfortunately), never to try to contact someone this way again. There are still people of the opposite sex to whoever is treated in this way, out there reading GR in the hope of reaching a caring soul mate.

There are some really strange results of ANSWERING 'CONTACT' LETTERS, but I have no regrets and will continue to continue, till someone genuine and really worthwhile appears on my horizon. Hopefully soon, I'm 57 going on 30.

Royce Babidge
22 Murphy Cres, WHYALLA STUART 5608.

Thank you for all the words of praise, we are happy that GR has been of such value to you for so long and we hope you find your 'ideal' contact soon. As regards your returned letter to Tansey: this lady is also a long-time GR reader, perhaps there is a simple explanation which she might feel able to write and tell you about.

Dear Megg & Staff,

I have just read Gumnut Gossip in GR 98 and had a chuckle to myself when I read that you were going to present Number One again as it was thought that not many people would have it. I started thinking of all the learning and pleasures that I have gained from GR over the last twenty years, and how it has given my husband and I courage to keep reshaping our lives and circumstances as we get older.

We are only in our mid 50-60s and you probably don't think this is old, but for TWO DISABLEDS who have only one good arm and two good legs between them, and have travelled the length of the east coast, from Melbourne to Cairns, looked after our parents and grand kids, I feel we have accomplished an awful lot. Now the time has come to sit back, but we'll still enjoy GR.

GR Grandparents
C/- PO Box 242, EUROA 3666.

Dear GR,

I have all bar one issue of GR and have recently been going through the early 70s to 80s issues. Naturally the Feedback pages are of special interest and one wonders how some of the early correspondents have fared in achieving their ideals.

As Megg has commented recently, it is great just how many of the CONCERNS OF THE 70S ARE NOW TAKEN SERIOUSLY by the whole community at every level (care of the environment, recycling etc). There is still much to be done but it is encouraging that developments are progressing at a much faster rate - GR and its vast network of readers can take a good share of the credit. Keep up the good work everyone.

Vivienne Mendham & Family
PO Box 625, ALBURY 2640.

Feedback Link-Up Feedback

Dear GR,

Yesterday I bought my FIRST COPY OF GR from a newsstand at Central Station, Sydney. It seemed like a gem of sanity among the magazines offered.

I am a Kiwi, in my second half-century. At present I am travelling in Australia and New Zealand as I look for a way of living with other people. I am looking for people who are interested in ways of relating that keep relationships clear, open and loving. I am finding that when I explore the boundaries on honesty and set up safe ways of doing it with other people, a whole new world of creative living opens up. I am keen to hear from communities that have a commitment to HEALING RELATIONSHIPS and who welcome visitors. Another interest of mine is the idea of buying a house collectively with other women, and forming a community on that basis. I welcome hearing from anyone who has a similar interest or experience.

Mary Rose

C/- 15 Parthenia St, CARINGBAH 2229.

Dear Readers,

Hi! Here I am WITH GR ONCE AGAIN. I've been on a different path since I last wrote to you. I met some lovely people through letters. I also met a lawyer/farmer and moved down to Bungendore to be with him and lived on an organic 'hobby' farm and I met lots of lovely people. However the relationship did not work out. I moved out and have worked and resided in the ACT and environs. Canberra is a beautiful place and I love it here but once again I feel THE CALL OF THE NORTH beckoning me so I'm planning to quit my job altogether and follow my instincts.

I am deaf/hearing impaired, 50 years old and hope to have my daughter accompanying me. I would like to meet and visit with some like-minded people (who are also on a path to self-enlightenment) while travelling north, sometime early 1994. I am definitely not looking to establish relationships, except friendly ones, and I would love to hear from you.



'Virgo'

PO Box 115, MAWSON 2607.

Dear GR People,

Thanks for a wonderful magazine. It's a great comfort and I've learnt heaps from it. I hope it makes you all feel as good as it makes us feel.

We are currently living in north Queensland, but intend moving further south around Christmas. This climate is great during winter, but a bit much the rest of the time. We miss the luxury of sitting in front of an open fire now and again, and also the green of the bush. We are looking for a country cottage/farmhouse to rent, with a bit of land for a 12 year old and gentle female desexed Rottweiler to run around on while we look for our dream block of land. It may be a year before we are in a position to buy unless we can get owners' terms. The areas we are looking at range from the Sunshine Coast/Gympie area, Burnett River/Bundaberg, up to Agnes Waters at the furthest north. We are not too concerned at the condition of the house and land and are more than willing to spend some time on upkeep. Solitude and a simple life are much higher on the priority list.

If the perfect block comes along, we may be able to buy sooner by getting a loan, and our ideal block would have rainforest, not be totally flat, with PERMANENT RUNNING WATER (most important, as we hope to use hydro power eventually). We think about 30 acres plus, within about 100 kilometres of the coast, as we are both ocean freaks.

If anyone can help us with suggestions for employment, that would be great too. Rod is very handy, especially in the manual labour field and we both have farm experience. (We draw the line at raising animals for slaughter.) I have been a banker, photographer, cook, waitress etc, but we are willing to give most things a go. If anyone has any suggestions about beautiful areas to check out, can help us with anything else, or just feels like dropping us a line, it would be appreciated.

Angie & Rod

C/- 14 Croydon Ave, CURRUMUNDI 4551.

Dear Grass Roots,

Special congratulations for number 100! I've been hanging on in there FROM THE BEGINNING, when my sister sent me Numbers One and Two in a parcel of goodies after the birth of my daughter. Lots has

changed in my life since then and I have tried to keep my GR friends informed through the magazine.

I have been 'home' on King Island for nearly 14 years, built my own house, lived with wind and solar power for the same amount of time (and not resorted to much cheating), seen the kids through school, watched friends come and go, and generally managed to pass the time somehow.

Our island is changing rapidly at present and this can be seen as fascinating or frustrating. We need more people to keep it viable, but it is sad to see the old life disappearing. So many come here because they love our 'lifestyle' (they say we are about 20 years behind the rest of Australia) but they bring it all with them! And we must keep up with it all. I guess I have turned into the older generation without noticing. The kids love to come home for holidays, but the spaces between are a bit rough at times. Perhaps I am ready for some new, big adventure, or then again maybe I just need to get a spurt on and finish off all the bits and pieces of other dreams that seem to be lying about the place. I have an old school bus that is my sewing studio, craft market stall and portable home in summer, but it needs a proper mechanic to make it mobile again. I have checked out all the likely leads for another motor, but things don't seem very promising so far. I do hope for some sort of miracle to happen between now and next summer.

I have been minding a house 'in town' for some friends for almost two months and will be glad to get home to my little place by the beach on the other side of the Island soon. I have lost my yearning to be where everyone else is, and have found the so-called advantages of mains power much overrated; my system has developed out of my own needs and suits me very well. I hope that any GR visitors to the Island will look me up, I have two spare rooms and am willing to barter and share with the like-minded. Bye for now, keep looking for alternatives.

Robyn Eades

RSD 119, Naracoopa, KING ISLAND 7256.

Dear GR Readers,

For years my husband and myself have been REGULAR READERS of GR and we enjoy it immensely. We live in suburbia in north Queensland and both work. However we've managed to install a solar powered hot water system and have successfully produced vegetables from our no-dig garden, staying away from commercial pesticides. Many fruit trees abound as well. Our home was owner built by my husband 12 years ago.

Our children are all grown now, hence we're in the midst of re-evaluating our lives and making decisions on just how we want to spend the rest of it. Remaining in suburbia within a large city is something we certainly want to say good-bye to. Being still 'young enough' and hail, healthy and quite capable, a move is not a large problem.

In July '93 we visited Tasmania and unfortunately time did not permit us to visit any of the circular area surrounding the Ben Lomond National Park. Though a move would not be possible for us for 2-4 years we would like to secure at least some land, with or without dwelling, now. We've had previous experience in extreme cold and snow areas so this is not a deterrent. Between you and me, 'my little piece of land' would ideally have snow capped mountains as my view. We will be in Tasmania briefly in January '94 especially to drive around the area surrounding Ben Lomond National Park. I'm not too familiar with the towns, but some we hope to see are Evandale, Upper Blessington, Mangana, Rossarden, Mt Nicholas, St Mary's, Fingal, Avoca and more northern areas, perhaps Scottsdale to St Helens.

I would so appreciate anyone living in any of these areas who would take the time to write and tell me about land prices, road and weather conditions, proximity to community facilities (medical, shopping etc), or to share what your lifestyle is like and how you did it. To everyone who does write could I convey my sincere appreciation to you now.

Keith & Maree Hopkins

C/- 85 Thuringowa Drive, KIRWAN 4817.

To All Readers,

My dilemma may seem trivial, but to a mother it is real. Where I can get the old-fashioned baby pins (all metal)? I only have one left and it is hard on my daughter to hold up one side of her nappy!

Angela Quinn

16 Glenfern Rd, FERNTREE FULLY 3156.

GRASS 7 ROOTS

Feedback Link-Up Feedback

To the People in GR Land,

We would like to thank the staff and all you wonderful people out there behind this great magazine. We can honestly say this is the only magazine that we can relate to. We are two 24 year old, down-to-earth nonmaterialistic individuals. A lot of folks interpret nonmaterialistic people as being too lazy to get out and work to buy the comforts of life. We believe that nature itself is one of the main comforts we need.

We are environmentally conscious vegetarians who are about to embark on a WORKING HOLIDAY around Australia. We are both willing workers who have farm (poultry, dairy, etc) gardening, house-keeping, shop assistant and general labour skills. The opportunity to swap board, rent, etc for any work we could do for you would be more than appreciated. We are currently living in the north-west region of NSW. We hope to travel up the north coast of NSW, but if we receive any other helpful opportunities in any other direction we will head that way.

We have a New Age spiritual attitude towards life. One day we would like to live on our own property leading a self-sufficient lifestyle, surrounded by animals and trees, but until we get this travelling bug out of our systems that is on hold. So we look forward to meeting or corresponding with anybody who is willing to give us a go. We would greatly appreciate any info on other people's experiences.

Gordon & Donna

Ardglen, MURRURUNDI 2338. Ph: 065-466-372.

Dear Grass Roots,

We have a newsagency; guess the best magazine on the shelf, GR of course. Thank you Megg and Mary, all who write the interesting articles, and anyone else that has anything to do with giving me so much pleasure.

Feedback I love, and I mean love, not just like. As a child I was quite isolated and my PENPALS were the brightest spot in my life. I only wrote to 24 people in five different countries. Mail came twice a week and some days I'd get two or three letters. Now I can pick up GR and get over 50 without writing one, and with such a wide variety of subjects.

Anyone wishing to drop an old lady a line I'd love that also. Age no limit, sex (as in boy or girl) no limit. I am 68 year old grandma, married to the best man in the world! I like the country immensely having lived in it most of my life. Now the town is coming to meet us and I'm not impressed. Gardening is my main hobby, sewing second. I enjoy almost any arts and crafts, but don't get a lot of time.

Hilda McDougall

MS 424, Peachester, BEERWAH 4519.

Dear Megg and Mary,

First let me commend you on a wonderful magazine. Like many of your readers we are also changing to a more harmonious lifestyle rather than the continual grind of 9-5 and the stressful merry-go-rounds that accompany such a consumerist existence.

Having made the decision to become more self-sufficient and less reliant on our tertiary systems I was astounded at how much I didn't know and often overwhelmed by HOW MUCH LEARNING is required to gain even basic lifestyle skills.

We have all been bred by our society as specialists knowing more and more about less and less until one day we will all know everything about nothing! Because of my own desire to learn about how to take care of myself, grow and build my essential requirements, I decided to create a festival where people could come for four days and intensively learn and share with others. And so GOOD LIFE '94 - The Festival of Natural Living was born. The Festival is a three layered event incorporating four days of workshops with a city stream and a rural stream, exhibitors of products and ideas - community housing etc, and an innovative music festival. We're hoping for a huge turnout so that we can make this an annual event to help others learn and experience a more fulfilling and productive way of life. The Festival will be on March 24-27 at Samford Showgrounds on western outskirts of Brisbane. For more information please write or ring.

Diane Rae

Good Life Festival P/L

84 Latrobe Terrace, PADDINGTON 4064.

Ph: 07-367-0717. Fax: 07-367-1071.

We wish you the best of luck with the festival and admire your energy and commitment.

Dear GR Readers,

Congratulations on an amazing magazine. I can't believe I have finally found a FANTASTIC FAMILY OF PEOPLE I can relate to. I would dearly love to hear from people in WA who could offer me information on places to stay, trouble I may come across and be wary of, and any employment I may find during my travels, mainly south-west of WA, hopefully by Nov-Dec '93. I am 28 years young, a nurse by trade, love children and am looking to transforming to an alternative lifestyle. I love camping, bushwalking, photography, learning herbal remedies, astrology, markets - of any sort. Looking forward to hearing from some new-found friends.

Also any information on paper making would be greatly appreciated, starting from scratch.

Pauline Turner

95 Tabilban St, BURLEIGH HEADS 4220.

GRs 79 and 56 contain articles on paper making. Back copies are \$3.00 each, including postage (special 100th issue price!).

Dear GRs,

To Shelley (GR 96) re FLEAS: Feed animals brewers yeast. Use it as flea powder. Most animals acquire a taste for it, those who don't (especially cats) will lick it off their coats. Don't just feed it to them at flea time, but all year. Tea tree oil is effective for lice; a spray could be tried (a few drops well shaken) and sprayed around skirtings, carpet joins etc. I have found that vacuuming with the sticky beak nozzle is effective in helping keep them under control. They breed anywhere dust can gather, particularly cracks and crevices between carpets and walls. Brewers yeast works there too.

To Helen Turnour (GR 96): a teacher I had once told us *never* use bought polishes. Her recipe: 1 block beeswax, basin and turpentine, soft cloths, elbow grease. Dip wax in turpentine and rub, rub, rub into wood, POLISH (more rub, rub, rub, I suppose).

We have the same problem with spiders. White tails are spider eaters. I decided there are two options to control them: let other SPIDERS (corner, window, daddies etc) live in your house and the white tails will confine themselves to places where they will be 'out of the way'. The other is to kill every spider you see. We encourage huntsmen and stationary spiders and I squash white tails if I see them around the floor, but if my 'glass and paper spider catcher' is about, or anything similar, I catch them and empty them out away from the house. I also double and triple handle my wood over the seasoning period which prevents a lot of creepies making it to the house.

**Kathy
ACT.**

Hi to all at Grass Roots,

Just a note to enclose my subscription and to say congratulations on your 100th. You *have* made a difference. Not to mention all the friends I've made.

It's my joy to work in a great child care centre. We care for children from six weeks to five years. I work with children from birth to two years. We made the paper this is written on. Never too early to foster love and care of our world.

Keep up the good work. You are held in high regard by so many. Thanks for sharing your life and family with us all too.

**Kerry Anne Mylecharane
UMINA 2257.**

Dear GR Readers,



I am soon to move onto a small property where my five horses are already agisted. The house is a 1920's cottage, run-down, with some old sheds, a chicken coop and too many blackberries. What I would like to do is keep some chickens for eggs and goats for milk and to eat down the blackberries. Can anyone give any hints or tips, or recommend any good reference books? I would like FAIRLY LARGE CHICKENS as I have five curious cats who have not encountered them before.

I was also told that eggshells can be fed back to chickens, but is there a special way of preparing them? Also, with goats, we've all heard that they eat anything, but what really isn't safe to feed them? If anyone can help me with some suggestions or ideas, it would be greatly appreciated.

Dena McAbee

17 Rosella St, EAST DONCASTER 3109.

GRASS 8 ROOTS

Feedback Link-Up Feedback

Dear Megg and Mary,

Greetings from all of us at *Gone Bush* poets, Queensland, a movement aimed at uniting, supporting and encouraging BUSH POETS AND SONGWRITERS, Australia-wide. It became apparent some time ago that many publications were endeavouring to support the writing of 'bush works' and were limited in their ability to do so, as they had firstly to deal with broader issues. As a result of the formation of *Gone Bush*, calls have been received from poets and songwriters living in cultural or geographic isolation, asking for advice and support. We now feel it necessary as a result of these calls to reach out to all our folk Australia-wide, who are involved in the time honoured traditional art form, and wish to offer help and advice where able.

Grass Roots would be the only publication which would speed the word down the 'bush telegraph', that this group exists for the benefit of all bush poets and songwriters.

As yet we have no money, or publication, just a great deal of enthusiasm and a knowledge of opportunities available for the bush poets of Australia. The executive committee are members of the Queensland Arts Council and Queensland Poets. This group has been formed by those same people to more personally handle the care of our poets. We are taking it slowly one step at a time. There is no money involved, no membership or subscriptions. The purpose is to gauge the response from poets Australia-wide, hear their needs and decide on a path whereby *Gone Bush* can most appropriately set up a programme that will accommodate the majority need.

All information and any further details can be obtained by phoning 071-566-332 or writing to Gail Hill, 'Gone Bush' Poets, C/- Fingerfield Rd, Rules Beach 4674.

Gail Hill
RULES BEACH 4674.

Dear Readers,

In GR 94 I had articles printed on AFFORDABLE SOLAR POWER, how to construct a cheap solar water heater and how to convert a washing machine to operate on 12 volts. Since then I have had hundreds of letters from people who want further information and dozens of people have visited us to check out the systems personally. It's apparent that more and more people are becoming aware of this way of living.

I would like to offer an invitation to you readers with a desire to achieve this way of life. There are many things of interest here including the passive solar house, how to run your household on solar power for around \$1000, simple water pumps and windmills you can build cheaply, and much more.

All we ask for is you to let us know when you are coming. We can accommodate two adults and two children in the house, however if you wish to camp, or have your own caravan, you may bring as many people as you wish. Those who feel this way of life may be difficult to achieve are especially welcome.

Don Reynolds
Lot 5, Green Gully Rd, Via MUDGEY 2850.

Dear Editor,

Regarding a request from Hellen and Neil in GR 96: OSTEOARTHRITIS, a degenerative joint disease, seems to result from a combination of ageing, irritation of the joints and wear and tear. Chronic joint irritation may result from overweight, poor posture, injury or strain. Degeneration of joint cartilage sets in; it becomes soft and wears unevenly or completely to bone.

The calcium-phosphorus balance is upset. In the USA a bone meal is used to rebalance the sufferer's body: 20 tablets daily used for 2 1/2 months proved beneficial to Dr Frank and Dr Heppners' patients. In other cases one tablet three times a day was used. Bonemeal flour is used in baking. They advised not using white sugar and starch as it upsets the calcium-phosphorus ratio, and state that cherries and cherry juice are beneficial in arthritis if taken daily. No soft drink, lollies, cakes, ice cream. Try to do without coffee. Take nothing with sugar. They suggest cod-liver oil be taken daily in fresh orange juice about five hours after an early evening meal. If diabetic or heart problems exist only take twice weekly. I hope this data is of use to you. I was a nurse years ago and am very interested in nondrug treatments.

Molly Round
St Barts, LORNE 2439.

GRASS 9 ROOTS

Dear GR,

I'd like to respond to Holly (GR 97) regarding WRITING TO INMATES. Please don't judge all inmates on the wrongdoings of two, the one you knew personally and the other you spoke of first. Please forgive. Obviously the person to whom you'd been so kind and understanding just doesn't have the ability to appreciate and return such friendship. I would be more inclined to feel pity for such a person. I wish I had the money he had wrangled from you - I'd give it to you myself.

Please try not to feel used Holly, you're obviously a good person who deserves someone much, much better. Your 'friend' was in jail because he committed a crime and like most of these people, suffer or had suffered, problems: mental, emotional, psychological or financial, and most of all spiritual. Ultimately we give what we get in this world. We reflect what we see around us at an early age and unless we break free of this human condition and learn to listen to our conscience then not a few of us would be like your 'friend' who must have had or perceived himself to have had quite a rough lot in his life. Please remember that hate injures the hater, not the hated. Your 'friend' deserves pity for his pathetic behaviour.

I am related to and have previously known quite a few prisoners. It has taught me about love - it must be unconditional, and about forgiveness - it is medicine for the soul. Yet I know some inmates to whom I wouldn't write because they are too mixed up and not unlike your 'friend'. I also know some who are good people who genuinely regret their mistakes. The old cliché says it all: there's good and bad in everything (though maybe a bit more bad in jail).

Chere Michael
NTH RICHMOND 2753.

Dear GR,

On reading GR 97 I wish to share with GR readers my story in the hope that I might be able to help them.

About eight years ago I was diagnosed as having an INCURABLE BONE DISEASE, plus osteoporosis between neck and shoulder, and had an iron-bar headache for six months, unable to shift it. Specialists, doctors, naturopaths, herbalists, homoeopaths and acupuncturists could not help me. My health was deteriorating; I was unable to digest foods as I was allergic to almost everything. I came across a nutritional product, which also detoxifies the body, and it changed my life. After only two weeks I was able to dress myself and do some housework. After only a few more weeks all severe pain from the bone disease and headache ceased. I found I was able to digest some fruits and vegies. As time has passed I am now able to digest most foods and my immune system has improved. I lead a very hectic life and feel good. If anyone wishes to write to me, I would be pleased to try and help them.

Congratulations for having such a top magazine containing so much information.

F Sommers
2 Devenish St, GREENFIELD PARK 2176.
Ph: 02-610-2398. Fax: 02-674-3871.

Dear All,

Someone wanted information on growing vegies in the SOLOMON ISLANDS (GR 95), I suggest you write for info to: Pacific Sunrise, C/- Radio Australia, Melbourne, Aust. They will put you in touch.

Peter Dalla
39 Chirnside Ct, KAMBAH 2902.

Dear GR,

Can anyone help me find plans or any other information on building a CLAY BRICK OVEN for baking bread? I believe some European countries use them occasionally.

Mrs V P Schirmer
22 Lockwood Crt, PALMERSTON 0830.

Hi to all GRs,

If anybody is practising PERMACULTURE IN THE SUBURBS I would love to hear from them. I would love to do the design course, but two small children cannot be taken along and seven days full-time child care is out of the question. So any advice would be great.

Vicki Honey
57 Spicer St, BEAUMARIS 3193.

Feedback Link-Up Feedback

Dear GR Readers,

During 1994 I will be taking a SLOW JOURNEY THROUGHOUT AUSTRALIA with my little girl (4 years old). I'd like to take her to wild, unspoilt places and am interested in meeting people along the way. My interests lie in playing music (flute), art/craft, campfires and diverse experiences. If you wish to make contact feel free to write. I will answer your letter and perhaps be able to drop by and say hello.

L Gato

PO Box 142, WOODBURN 2472.

Dear GRs,

Country based access parent seeks other access parent/s for shared weekends. My place, your place, Melbourne based quite suitable. Not interested in financially dependent entertainment. We three enjoy people, food, creativity, movies at home, a variety of games and animals. Please write:

'All Girl Trio'

C/- PO Box 242, EUROA 3666.

Hello Everyone,

The LUCASTON VALLEY which is off the Huon Valley in Tasmania and 10 minutes from Huonville, school, shops etc, and 40 minutes from Hobart, is very, beautiful, fertile river flats, tree covered hills and mountains, wildlife and birds galore. There are currently a number of land blocks for sale (also houses already built): bush blocks 20 acres \$20,000, 30 acres \$25,000, bush and pasture 200 acres \$80,000, pasture 15 acres \$35,000. These prices are only approximates.

We (my partner Paul and myself) live on 15 acres of hillside and are building a pole frame house. We're currently living on site in tin sheds. Work is progressing well as are gardens. There is a mixture of people living in the valley and surrounding hills. We would like to see properties in this bit of paradise populated by GR types. If anyone is at all interested please write. Michael Higgins, C/- PO, Grove 7190. Ph: 002-664-185 or 002-882-385.

Michael Higgins

C/- 69 Springfield Ave, WEST MOONAH 7009.

Dear GR,

I was wondering if any readers could BUILD AN ORDINARY CHOOK PEN for me out of new and recycled materials. Nothing special just to house one rooster and about 12 hens. The lucky good samaritan will be suitably rewarded for all materials and labour. Meanwhile keep up the good work and keep publishing those letters with helpful hints.

Clayton Rencomtre

PO Box 667, NOBLE PARK 3174.

Dear GR Readers,

Some time ago I read about the successes some of you have had with BLACK WALNUT in the cure/control of herpes. I urgently need to obtain some. The health food shops I have been to can't seem to help me and nobody knows which company distributes this product. Your help would be greatly appreciated.

Frustrated

GOSNELLS 6110.

Dear GR,

My wife and I are planning to leave Brisbane in December and TRAVEL DOWN THE COAST by camper to northern NSW and then up the coast as far as Cairns, looking for the place where we will settle down. We'll then head across to Darwin to have Christmas with our family and then retrace our steps back to coastal Queensland. We'll be stopping at many places along the way. We'd like to hear from people who could give us tips on any good places to check out and visit anyone who has already made the move. We'd also like to hear how people built their own homes. Also, we'd like to visit communities looking for new members and to hear the pros and cons of living there as opposed to going it alone.

We'll be travelling in our own campervan so we'll be able to provide our own accommodation. I'm interested in aquaculture so I'd be very interested in sharing information. I keep discus so I'd like to meet anyone who has some. We'll reply to all letters and will have all mail forwarded on if we can't collect it. Here's looking forward to meeting you.

Kurt and Mariko Ruzsicska

Post Restant, GPO, BRISBANE 4000.

Dear Grass Roots,

My name is Elly Mollema, I am Dutch, 35 years old. I have just taken a long leave from my stressful job in Holland in order to travel around and learn all about farming since we would like to change our lifestyle. I am married to John, also Dutch, and we would like to experience different kinds of ALTERNATIVE LIFESTYLES IN AUSTRALIA. Next year we will travel around for six months and we would like to learn all about permaculture, the self-sufficient lifestyle, living in a commune, experience a station in the outback, or other real Australian lifestyle staying in private houses. Since we have a tight budget we would like to trade our hands and energy for food and board.

We are two nonsmoking, hard working vegetarians with a positive attitude, eager to learn a lot, wanting to help you with all kinds of small jobs around the house and wishing to meet lots of nice people in Australia. If you have any information on where we are welcome to stay or have ideas what to do, you will make us very happy if you write to our friends in Seaford: Judy Armstrong, 9 Maclean Crt, Seaford 3198.

Elly Mollema.

Dear GR,

I am writing with regard to the letter in the GR 97 from Margaret Palmer about BORER DAMAGE to her cedar table. I have a slab of *Eucalyptus calophylla* which we use as a coffee table. This developed a severe borer problem which was causing the wood to crumble away. I had tried a variety of measures to get rid of them, including wrapping the wood in black plastic and leaving it outside on concrete on hot days. This was suggested by a timber yard and did draw a number of the borers out, however not enough to make a difference. I was then advised by a relative to try injecting kerosene into the borer holes. I started injecting, but because of the extent of the damage I ended up pouring it over the infected area. The wood needs to be left outside for a couple of days because of the fumes, but it definitely works. We haven't had a borer since. One thing I should add is that our table has only been oiled. The kerosene hasn't damaged the wood, but if your table has been varnished it might need sanding back to the raw wood before applying kerosene.

Emily Mills

15 Junction Rd, BALNARRING BEACH 3926.

Dear GRs,

Anniversary! I've been here one year. It's still hard, and I'm still in the caravans on my 353 mountain acres. What was going to be a little log cabin is no longer. Instead there is a half-built stone house, 50 by 30 ft with a loft 30 by 25! Yes, it's big but it has a big job to do. Dreams expand as each part is brought into the world of reality.

To all the GR's who wrote to me, thanks. Especially Diane who asked for nothing and gave only encouragement, to Tam and Craig who fixed the Suzuki, and to Darren who came and is still here.

Now I'm looking for local people to help and administer a business owned and operated totally by children, a school, or local group, or even a government agency (fat chance on that score!). There are two projects to start with: several children to own and operate a poultry farm on permaculture lines and a herb growing and marketing business. Later there will be organic farming and orchards, a nursery, permaculture design, and more, all owned and operated by children. Ten percent of the businesses will be owned by the BANDA BANDA CHILDREN IN NEED TRUST and used to provide short stay holidays and teaching for underprivileged children from Australia and around the world. Children teaching and learning from their peers, providing current and future employment in ethical and environmental circumstances.

As the house is finished, in the next few months we will need a person to begin to make a home out of it. There is no pay and likely you won't be praised for your efforts every day either. I can promise nothing except what you want to make yourself. My personal dream is to create the first of many 'farms' like this wherever they are needed. A model to be copied by anyone who wishes to go the same route. It's early days. Everything step by step. To succeed we must be an open book, open to all scrutiny from the very beginning. There is no control, only guidance, no manipulation, only suggestion; no rule, except co-operation, and no profit, except a sustainable future for all involved.

Graham, Mt Banda Banda
PO Box 529, KEMPSEY 2440.

GRASS 10 ROOTS

Feedback Link-Up Feedback

Dear Grass Roots,

In your very worthy series on MINIMISING YOUR TAX, it states, on page 62 (GR 98) at the end of the paragraph titled 'Example Eight', 'So, a company structure pays tax twice over. First on the profit made, then the directors pay tax on the salary received.'

Although true, I feel it may mislead some people to believe that they will pay more tax operating under a company structure than as a sole trader or partnership. If a company pays tax on its profits and then pays a dividend to its shareholders (eg husband and wife) the dividends carry a tax credit for the amount of company tax paid. When this tax credit is applied to an individual's income tax return, together with the dividends received, the result is that the same amount of tax is paid as a sole trader operation or as an individual in a partnership.

As I am not qualified on this subject perhaps Mr Herman Odijk can explain this situation a bit further. Otherwise I suggest that readers ask their tax agent or accountant for further details. It is also my understanding that, for tax purposes, a company structure is of no advantage until taxable income rises over about \$55,000 for each partner at a company tax rate of 33 percent (or \$95,000 on the old 39 percent tax scale). Once income reaches these higher levels company tax is lower than personal income tax and it can be better to let the company retain some of the profits to be used to expand or improve the business.

John Costan

404/1 Watson St, NEUTRAL BAY 2089.

Dear Grass Roots Readers,

I have been reading GR for five years now and I finally decided it was time to write. I was born and raised in Melbourne, but for the last two years I have been living with my girlfriend and her parents here in Germany. We live on the outskirts of Duren, a town of 80,000 which is 50 kilometres from Cologne. We grow a large amount of vegetables: potatoes, onions, peas, beans, carrots, lettuce, tomatoes, broccoli etc. We also grow strawberries, raspberries, black and red currants and cherries which we use to make jam. The garden really thrives and no chemicals or sprays have been used for over ten years.

In a few years my girlfriend and I will be returning to Australia to live and will be looking to buy land, from 2-10 acres in the EDEN TO NOWRA area. Anyone living in this region who would like to write we would love to hear from you. What we are most interested in is land prices, climate, and employment, and of course the people.

My girlfriend, Katja, has 10 years experience in banking and speaks fluent English/Aust. I, Jon, am a trained nurse (State Enrolled) but have also two years experience in the building/landscaping game. In late November, early December, we will be spending two weeks travelling around New Zealand. We would really like to stay on farms rather than in caravan parks. We will have our own tent so would only require a place to pitch it. We would be willing to pay, or help out for an hour or two in return.

If anyone else just wishes to write please feel free. We look forward to hearing from you all. We will reply to everyone.

Jon and Katja

AM Wingert 152, 52355 Duren, W GERMANY.

Dear GR Readers,

Thank you for everyone's contributions which have made this magazine an informative and pleasurable piece of reading. I hope all your dreams succeed.

I hope someone out there can help me. I have a one year old son who has been rattly since birth (some days less than others but generally five days out of the week). Recently he was diagnosed as being an ASTHMATIC. He has never had a congested chest and he has had a wheeze maybe three times in his life. His rattliness and excessive dribbling do not affect him in any physical way. He seems to be a normal healthy boy. I have been to different doctors and their differences of opinion worry me. One took him off all dairy products and this seemed to work so this is something which I would like to continue. Could anyone please send me recipes containing alternatives, or using goats' milk, or suggest books for reading? I have also been told that he will grow out of this and hope that's so. I haven't been able to find sufficient answers up til now, nor a natural treatment if one is needed.

Also, I would like to hear from other people who have had a condition from birth where the ureter is blocked. Please write and tell me if there is any natural way of fixing this problem and how you have lived with it. My fiance suffers severe pain any time he becomes dehydrated. The only solution we have been given is to have surgery. Maybe this is the only way, but we are interested to see if anyone else has the same condition. Our boy is currently going through tests to see if he has the same condition as he has already had problems. If we could do anything for him at this early age we would love to. I can't wait to hear from you.

Leanne

C/- PO, BLACKHEATH 2785.

Dear GR Readers,

Due to illness we have to move close to a major hospital and wonder if there is a reader in the Townsville area who would like to live in the lush, green tropics, a village atmosphere, but only minutes from Innisfail, and would like to EXCHANGE HOUSES. Our house is on 1/4 acre, very large, 100% cyclone-proof concrete, new roof, two living rooms, three bedrooms, very large kitchen/diner, split level. Length of back of house is sun room, laundry, ironing room and second shower. There is a lovely garden with exotic fruit trees and lots of plants and rockeries. If you're interested please write.

R Lockhart

C/- PO, SOUTH JOHNSTONE 4859.

Dear GR Readers,

I am writing in the hope that someone may be able to help. A number of years ago I found five starving horses living on crown land adjacent to where I was living. Two of these horses died, they were in such poor condition. The other three after lots of care have survived.

The property I lived on is almost all bush with only five acres of poor grassland. The horses have been hand fed through two drought years and continued to live on adjacent crown land.

This year I moved from NSW to WA and have continued to ensure that they are well cared for. However, complications have arisen in that a big fire burnt out large numbers of farms in the area and also most of the available grass on the crown land. Surrounding farmers have since threatened to send these horses to the knackery as their cattle compete for the only available grass. Added to this is the fact that I am unemployed, making the hand-feeding of these horses very difficult.

What I am looking for is someone in the NSW area who has some secure good land and knowledge of horse care to offer these horses a permanent home to live out their lives. They are three geldings, two about twenty years old, and one eight years old. They are quiet, unused to being handled and used to being in a pack, therefore they would not like to be separated. I am willing to arrange their transportation.

If anyone could offer some help please contact: Leonie, ph 09-384-8101 (rev charges), or write.

Leonie

9 George St, COTTESLOE 6011.

Dear Grass Roots Friends,

I am the mother of an 18 month-old son who has grown up in cloth nappies. When he was born, my sister from Germany sent us some lovely natural SHEEPSWOOL PILCHERS. They have worked wonderfully. The woollen yarn's insulating capacity keeps the baby's bottoms at an even temperature, helping to prevent nappy rash. They require little washing and last up to two years. As they are made from woollen yarn which still contains its natural lanolin or wool fat they act as a natural barrier between nappy and clothes.

To make this wonderful discovery available to more environmentally minded parents I am urgently looking to buy spun wool with a natural lanolin content. Maybe someone knows a source for liquid lanolin for regreasing the pilchers after washing. Any amount of wool is welcome; even if in doubt please send a small sample from anywhere in Australia or even New Zealand.

Any parents interested in this wonderful alternative to the commercial pilchers please feel free to contact me too, so we can make cloth nappies work for more people and help save the planet and our kids from more plastic disposables.

Trish Winkler

30 Brook Rd, DARLINGTON 6070.

Welcome to the 100th issue of Grass Roots, a real landmark for specialist publishing. To honour this achievement we've taken the opportunity to step back in time and view the social and political climate of the early seventies. 'If one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with a success unexpected...' (Thoreau).

A TIME TO REFLECT

by Megg Miller, Nagambie, Vic.

Although GR sits comfortably on the newsagents' shelves today it hasn't always enjoyed wide appeal. When the first issues were published in 1973 they were aligned in people's minds with the prevailing counter culture movement and regarded suspiciously as radical and extremist.

In the liberal society we currently enjoy and take for granted, it is hard to conceive of the restrictive mores people lived under several decades ago. For example, role stereotyping placed both sexes under tremendous pressure, men carrying single-handedly the financial burdens of the family unit while women were denied independence of any sort as well as educational opportunity. The late sixties and early seventies acquired the reputation of being an era of sexual revolution, and no doubt greater freedom was enjoyed, however it is inadequate to sum up the gains from this period in such a narrow way. In actual fact the social upheaval generated by the young of this time span was the watershed for a more open and equal society.

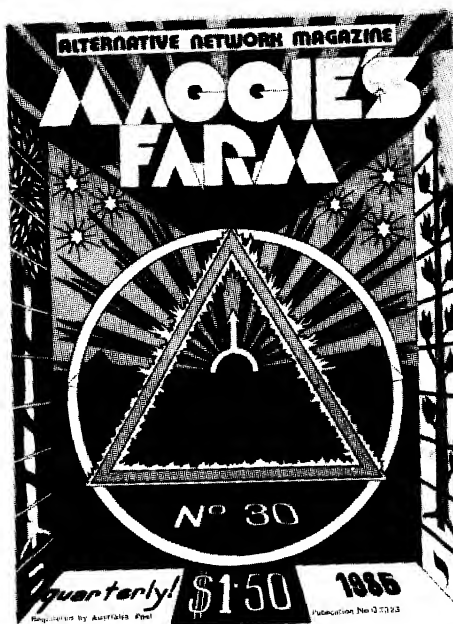
The student movement opposing the Vietnam war mobilised large numbers to walk for peace and to stand up to the establishment. The questioning re conscription and our involvement in the war that started in universities spread through all walks of life, activating a confused Australia (and for that matter, America too). For the first time in decades people had a united focus and were greatly empowered by the process. Later, when the conflict was resolved and such unity no longer required, students and radical thinkers were loath to abandon the bonds of togetherness and practical benefits they had derived from the group movement. New ground had been broken with communal living, food co-operatives, health centres, child care and an awareness of the stereotyping of gender

roles. In this climate of searching for something more – intellectually, emotionally and politically – the age of Aquarius dawned.

Grass Roots preceded the Nimbin festival by six months and was never as cosmic as the other alternative magazines. It was published to 'help people gain more control over their every day lives' and resulted from practical need and nostalgia for the pioneer way of living rather than political motivation. Even prior to Nimbin there was a considerable exodus to the country, but the festival itself, held in the utopian northern NSW bush, highlighted the freedom and joy of country living. In the wake of Nimbin substandard farmhouses along the eastern coast were let for a pittance and enthusiastic, but inadequately prepared new settlers – hippies – pursued the rural dream.

Nimbin shocked mainstream society with its blatant disregard for convention and childlike celebration of life. Those enmeshed in the establishment and materialism were threatened, and defended their position by loudly decrying the irresponsibility of hippie drop-outs. It goes without saying that much courage was required to defy custom and grow hair long and wear loose colourful clothing, so great was the stigma attached to these 'layabouts'.

Running parallel to this counter-culture were a whole lot of people tied to nine to five jobs or conventional living who felt dissatisfied with life and wanted more. Women in particular were conspicuous in this group, perhaps because they had more time to question existing values as their children became independent and left home. Initially few acted to solve their discontent. The springboard into alternative living came years later and followed copious reading on owner building and



'If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music he hears, however measured or far away.' (Henry David Thoreau)

energy options in the case of men and involvement in the developing craft movement for women. Once the first step was taken lives often reverberated with the domino effect, to the horror of other family members immune to the atmosphere of change.

In Melbourne (and probably other cities as well) a learning exchange was set up – a revolutionary concept – where people of all ages and racial origins were encouraged to share their skills. The Melbourne group published a monthly newspaper with pages of people listed as wanting to teach or learn specific skills. Some even expressed loneliness and sought to make friends. The Learning Exchange was one of the earliest examples of adult education outside the hallowed halls of academia. Over ensuing years the concept went through many changes and has emerged today in the form of community centres.

The *Alternative Pink Pages* was the brainchild of a communal household in Surry Hills, Sydney. Motivated by the desire for social change, the group initially ran an alternative telephone information service. When this grew too large, the resources were reproduced in magazine form. It was the thinking persons guide to goods and services around Sydney, and became immensely popular. Groups in other states published their versions of this counter-culture yellow pages, but they never matched the effectiveness of the Sydney editions.

It may be timely here to mention *Nation Review*, which represented the intellectual forces of social change. Supported by a network of radical thinkers and writers, it systematically attacked the icons of mainstream publishing and opened the way for present day reporting. It was cynical, satirical and often offensive, and will be remembered by many for its

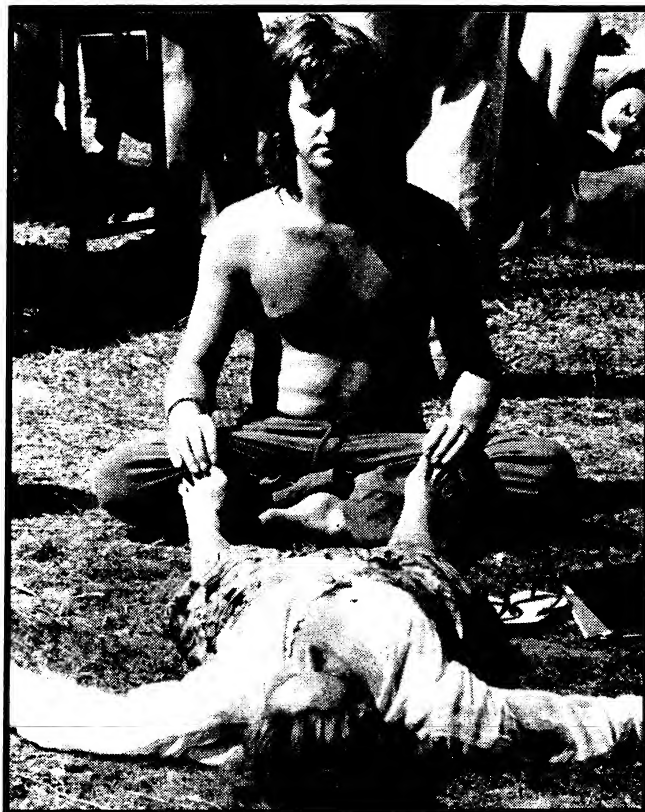
lascivious contact ads. *Grass Roots* ads pale into insignificance compared to these.

A number of shops Australia-wide became meeting places and points of reference for the movement. Food outlets such as Clearlight Cafe, Feedwell Foundry and Wholefoods disseminated nourishment for the mind as well as the body. Compendium, based in rural Victoria led the book scene with G F Middleton's *Build Your House of Earth* while Second Back Row Press in Sydney published John Archer's *Dirt Cheap*. The latter press imported books and ran an alternative distribution system, supporting both book and magazine publishers. Magazines proliferated – *Earth Garden* had preceded GR by about a year, there was also the *Bush Telegraph*, *Cosmos*, *Zirius*, and the *Living Daylights*, to name a few.

A group that was active and instrumental in stabilising the back to the land movement comprised the alternative technology retailers. Going Solar in Melbourne, Self-Sufficiency Supplies at Newcastle and Alternatives, Brisbane, became centres for instruction as well as a source of stock. The demand for tools appropriate to country living led to diversification, the product range expanding from the wind and solar energy field to include gardening, food processing, beekeeping and owner building. The latter was symbiotic with alternative technology, and the advantages of being able to build your own home without the bondage of a hefty mortgage were considerable, especially if you had the skills to set up your own energy system. Options like these had disappeared in the affluent decades following the war and were unthinkable to our parents' generation. Of the gains achieved in the last twenty years owner building has been the most powerful, with corresponding far-reaching ramifications.

Despite the disparity of the alternative movement – there were other tenets beside self-sufficiency, tenets such as spirituality, feminism, the health modalities, educational options and cosmology – people came together at festivals and co-existed harmoniously. Cotter, Mt Oak and Berri attracted unexpectedly large attendances, but the only stresses exhibited were on resources. Despite crowded living conditions, primitive amenities and the prevalence of hallucinogens, there was no violence and children could wander unattended in utmost safety. You could sing, dance, swim, lecture, learn, meditate, enjoy a massage, read the tarot, make mud bricks, or just mingle with the crowd. They offered relaxation and regeneration and led the way for the smaller, more specialised, more intimate workshop weekends that are fashionable today.

GR has been part of all this – it has promoted, supported and participated in the activities of the alternative movement and mellowed and grown through it. Its presence has been quiet but persistent, and it is a compliment that we're a mainstream magazine today. We all have helped redefine the world we live in; providing an acceptance of diversity and individuality, and of personal empowerment; providing safe and sustainable farming practices; establishing alternatives in health care, schooling and food. The achievements are considerable and reminders that the individual – many individuals – wield tremendous clout. We've scratched the surface and gained a stable foothold, built a firm foundation on which to construct another exciting twenty years of achievement.



Meditation and reflexology typify the activities of many alternative festivals.

Peter Lees Architect & Builder

RMB 4322 Daylesford, Victoria 3461. Phone: (053) 48 7650

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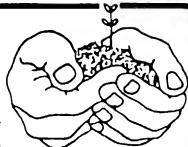
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A Nice Easy Life, Resting in the Sun?

by Owen Frost, Prebbleton, NZ.



For us it is only at a time like this, when we are away on holidays, that we have time to sit down and write of our hectic life. Betty, my wife, was born and grew up in England before coming to New Zealand some thirty years ago. I was born and bred on a farm here in New Zealand and worked on them for over twenty years before coming to live in Prebbleton, just out of Christchurch, Canterbury. One of the previous places I had worked on was thirty-four thousand acres, which made the one acre that my wife and I now share feel extremely small indeed. The only work I could obtain was contract work amongst the trades, mainly fencing, building, painting, which I combined with my purebred poultry breeding business.

Seven years ago I was forced, through the change in government policy and economics, to forfeit my poultry business and replace it with other animals that would help feed ourselves. We already had a reasonable vegetable garden, herb garden and small orchard. The poultry had supplied meat and eggs and I raised the odd pig. At this stage I spent six months out of work and it was then that the rabbits, goats, ducks and bees were introduced, the vegetable garden enlarged, the orchard increased, while Betty made her salad garden. Bread, soap and yoghurt making became regular chores for her.

While working on large properties I had thought to myself that I could live off the waste of these places. Now I was put to the test to see if it was possible. The idea was to have a no-waste system, hence the types of animals we chose. Enough fowls were selected and kept to provide poultry meat and eggs. The lawn clippings were dried to add to their dry mash which I made up. Fifty cockerels are raised each year for the table. Two ducks and a drake are kept as breeders which are capable of producing about forty ducklings a year; ten to a hatch and three hatches a year can be common with Muscovies. These are fed similarly to the fowls, but are also used to clean up around the

pig, goat and rabbit pens. Two pigs are killed each year, one reared at a time, fed mainly on house scraps and garden waste. One is for ham and bacon the next for pork. This makes us a year's supply. The rabbits, (two does and a buck) are kept in my four old dog motels. One pen each for the adults and a weaning pen. They are raised 60 centimetres off the ground and are ideal for the job. The rabbits are fed mainly on weeds from the garden, with a little bran and barley supplement. One doe is quite capable of producing five litters a year, and with five in a litter that's twenty-five from one doe. With New Zealand White rabbits, eight or nine in a litter is common.

Two Saanen milking goats are kept, which are capable of producing a gallon of milk each a day in the peak of the season. By share-milking with the young goats we are able to have plenty of fresh milk for the house plus enough for yoghurt and ice cream. There is usually still enough to feed the pig or add to a fattening mash for chickens or ducklings. There is never too much surplus of milk. The young goats I rear to eighteen months, when they are worthwhile as household meat. With long slow cooking and plenty of herbs it is excellent meat with a low fat content.

With so many different animals confined to such a small area the disease problem is able to be kept very low. There is a grand supply of the richest fertiliser anyone could wish for, consequently the garden benefits from this valuable byproduct. No artificial fertilisers or sprays are used and haven't been for at least thirty years.

The aim of the vegetable garden is to supply fresh produce the year round. We like to make Christmas the peak time, when we dig the first potatoes, pick the first peas, pull the first carrots and beetroot. There is a great feeling of achievement when one works with nature and crops have been timed to yield well for a given occasion. Even more so when ten or twelve extra

people sit down to a hearty Christmas dinner, with all the trimmings, all of which has been produced on this small area of land. After Christmas two or three successions of peas follow, then the runner beans come in. Sweet corn and cucumber are ready about mid-February. French beans sown just after Christmas are ready for Easter. Autumn onions are sown mid-February and transplanted before the winter. The second crop is sown in the spring. Winter vegetables consist of carrots, parsnips, swede, kale, pumpkin, artichoke, silverbeet, leeks, onions and winter lettuce. Late October-November are always difficult months here, so broad beans are sown Anzac Day (25th April) to be ready for picking by mid-October and go on to Christmas. Cabbage and broccoli are scheduled for October onwards to beat the grubs out of season. Snow peas are ready in November and turnips fill the gap.

With the recent inclusion of a small glasshouse we have been able to pick tomatoes for Christmas. Beetroot are bottled, gherkins and small onions pickled and the surplus tomatoes made into pulp for winter use. With definite staggered planting times the rest of the vegetables are picked and used fresh. Betty's separate salad garden grows the lettuce, peppers, chillies, eggplant, radish and other salad plants.

Raspberries, gooseberries, black and red currants are grown below the orchard on their own. Betty grows the strawberries. The main orchard is incorporated with the five animal sheds where the trees receive the moisture run-off from the shed roofs; the animals benefit from the shade in summer, yet have the sun in winter when there are no leaves, and the roofs make a platform from which to pick the fruit. The fruit that cannot be stored is bottled, made into jam, chutneys or sauces. Black and red currants are made into drinks in place of bought cordial and the grapes into wine.

Betty has a large flower garden which gives a lot of people joy throughout the year. It is also a source of nectar to our hive of bees. This enhances the peaceful tranquillity of our home and garden which is set amongst high hedges.

Betty does not have an outside job, but I have kept my contract business going to finance the necessary commitments. There is some food we do not produce, a power bill, telephone, rates, insurances, fuel, clothing, newspapers and the many little things we take for granted. We do not have a television, we do not smoke or gamble, and our small quantity of drink we produce ourselves.

By working for myself I am able to fit home jobs around outside work. During the last six years I have spent my *spare* time building onto the house. This consists of a useful, farm-style kitchen, a walk-in pantry and a double bedroom above. From the old part of the house we have now combined two small bedrooms and half the hall to form the living room. The original house is nearly one hundred years old and was built by the Prebbles whom the village is named after. There is still a lot more alteration we intend doing to the house to make it a more useful and comfortable home. With continued careful planning and workmanship the original style in which it was built will not be lost.

We have good well drained land and although the area is not big it is enough to feed us and still have a small surplus. We live handy to a school which the children attended when they were young. We are only eleven miles from the centre of Christchurch, which means they had the opportunity to go to a city high school and yet live at home. We do not have a lot of driving to reach town. We have a village lifestyle outside a greenbelt. I

have the advantage of some city work to combine with my village and country work. We are on a main commuting road so are able to sell any surplus produce at the gate. We live opposite a church which we attend regularly to keep our spirit in harmony with our living. So many people seem to forget that a rich spirit and close contact with our maker is so necessary if we are to enjoy a full and rewarding life.

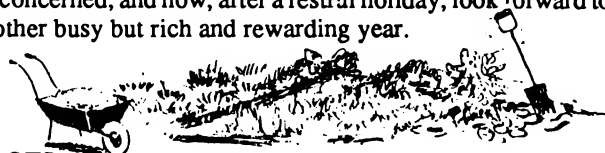
The peace and quietness as we work in our garden is restful and soothing to us. To know you are eating healthy food these days, you must grow your own. Betty is our doctor and vet, the herb garden her medicine chest. For a long time we were laughed at, today people come to listen. Now the children have left home our home and garden is used to help other people in need. This voluntary effort can keep Betty constantly busy. Our garden alone is a great therapy to unhappy people.

So often we see here, keen, energetic people, young and old, go out further into the country and buy a small uneconomic piece of land and attempt to set it up and live off it. The greatest number end up commuting long distances back to town to a job, while the rest give up in disgust and disappointment. It is not always easy to find work in small country areas and unless you have unlimited capital behind you a job is simply a necessity. There are still many items to be bought and paid for. If you rely on crafts they have to find a market and be sold. There is no easy way out, hence our effort to make the most of what we have and to point out the advantages that it has.

Betty and I are fortunate to have a great number of different skills which, when combined, allow us to tackle practically any job. She has potted, spun, woven, sewn, crocheted, made baskets, soap, ointments, bread etc. Any craft work is always a challenge to her. Betty does all the preserving, drying and storing of our produce. She is an excellent cook and housewife and a very knowledgeable gardener. My skills include stock work, gardening, butchering, building, fencing, plumbing, painting, in fact there are not many trades I haven't had something to do with.

How do we fit it all in? If anyone is thinking of a nice easy life, resting in the sun while everything grows and produces, they are out of luck! For me it's a 6 am start and a rush to get the goats milked and tethered out, other animals and poultry fed and be in for breakfast at 7.20 am. Leave for work 7.45 am to be on the job by 8.00 am. I usually knock off at 5.00 pm to be home again by 5.15 to 5.30 pm. Goats are housed and all animals and poultry given their evening feed. Dinner 7 pm. Then out to the garden or to finish what wasn't done before dinner. Back inside at 9.30 pm, the day's bookwork to do, mail and accounts to see to. Bedtime 10 pm to 10.30 pm. Betty's day is very similarly timed, but on different jobs with a constant number of phone calls and folk at the door to see to.

Yes, we look forward to our two weeks holiday each year. Someone lives in our house to feed the cats and the dog and water the garden if necessary. Someone else feeds the poultry, ducks, rabbits and young goats. Someone else, who wants a section cleaned up, looks after two big goats. Someone else milks our two milking goats. Others just keep a general eye on things while we are away. To have help such as this you have to be prepared to help others. We are very fortunate and thank all concerned, and now, after a restful holiday, look forward to another busy but rich and rewarding year.



HOLIDAY SWAPS

by Julie Gittus, Maldon, Vic.

With accommodation costs being a large part of the expense of any holiday, the idea of swapping homes has a lot going for it. An added, and significant, advantage for many GR readers with gardens and animals needing care is that swapping families can safely leave their precious fauna and flora in each other's care. In this article Julie Gittus explains more about the benefits of her unique 'holiday' swaps concept.

Several years ago my family and I had the good fortune to be invited to spend a few days with friends at the beach. It was Christmas time, the weather warm, in fact it was so lovely that we decided to investigate the possibility of renting a house for the same time the following year. To our complete amazement, to rent a home for a week was going to set us back \$600-\$800! It seemed so silly to leave our own home empty while paying exorbitant holiday accommodation charges that it occurred to me that there must be someone who lived in the coastal area who would love to spend a week at our place, an old historic home in the town of Maldon in central Victoria. I decided to try and establish a register of people who would consider exchanging their homes for holidays or weekends. Hence the beginning of Holiday Swaps.

There are now nearly 300 properties listed with Holiday Swaps from locations throughout Australia, one in New Zealand and four in the United Kingdom. Many members have now used the network to organise a holiday and the feedback has always been extremely positive. Most people become involved to avoid accommodation costs, however members have found that there are other benefits to exchanging homes for a holiday.

BENEFITS

Your garden and pets are cared for. We have a cat, chooks and a rambling half-acre of garden. We live on the edge of town with few neighbours and it used to be difficult to organise care while we were away. On each swap, our animals and garden have been cared for beautifully. We have looked after guinea pigs, chooks, a dog and ensured that a bird bath stayed topped up. This really added to our children's holiday experience.

You holiday in a home that is equipped for comfortable living. A lot of holiday accommodation is extremely small with

few facilities. Many of the homes listed are family homes complete with televisions, cubby houses, toys and all facilities. Some have inground pools! We swapped with a family in a coastal area who left us wetsuits, bogey boards and some old bikes for riding along the beach. Another family near the snow left us all their wet weather gear for our day's tobogganing.

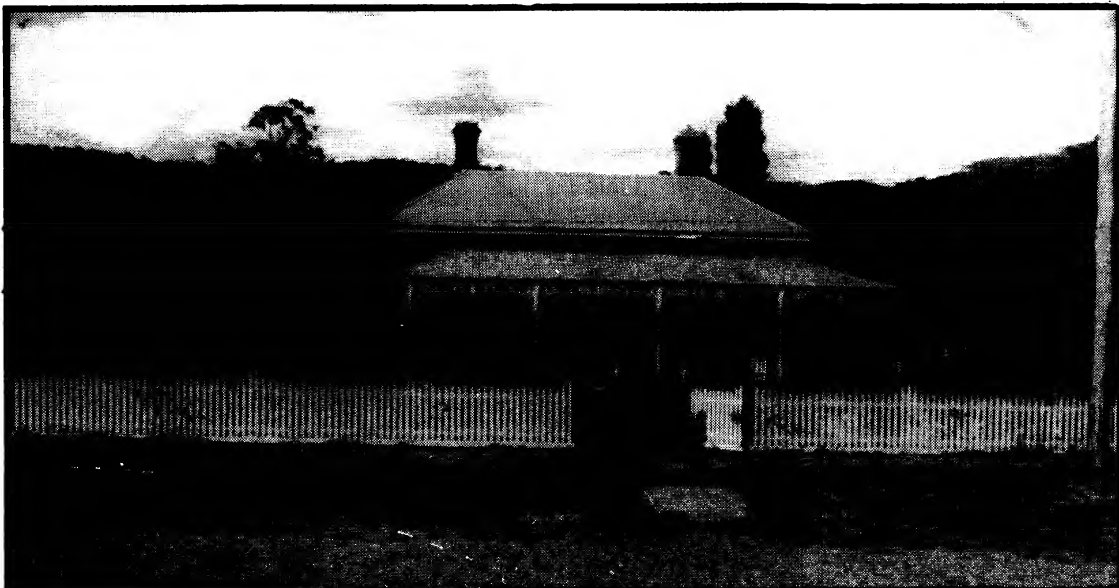
The listing provides holiday possibilities that you have probably never dreamed of. *Holiday Swappers Gazette* is the listing of all members' properties. In fact it is a wonderful wishing book, perusing it is a great way to spend a rainy afternoon. There are members whose homes back on to the beach on the central NSW coast, a sheep station at the back of Bourke, inner city homes in all capital cities, a mud brick home complete with chooks, goats and sheep set on 10 acres in Victoria, a pole house at Trinity Beach in north Queensland, a farm on Kangaroo Island, the list goes on and on.

If you are contemplating a move to a different area or a change of lifestyle the Holiday Swaps network could provide you with the chance to have a trial run before you make your decision.

TAKING THE LEAP

People often ask, 'How can I have someone I don't know stay in my home?'. I believe that the key to the network's success is that it is a reciprocal arrangement between like-minded people, ensuring a mutual respect for each other's property. These people take the time and trouble to enquire and register with Holiday Swaps, make contact and follow through with detailed arrangements.

Over the three years that Holiday Swaps has been operating, the members who have 'swapped' have all spoken in glowing terms of the respect with which their homes were treated by other members. Most importantly, experienced swappers know



The Gittus family's historic home in Maldon, Victoria, headquarters of 'holiday swaps'.

that their home is safer occupied than left empty. A number of our members are keen for other members to simply look after their house while they are away. A large number of network members are families, while an increasing number of retired people are now joining. Holiday swappers tend to be interesting and adventurous people and many lasting friendship have developed between swappers.

Our last exchange was to a coastal village on the south coast of NSW. The home overlooked the ocean, the weather was warm and the beach secluded and safe. By staying in each other's homes we realised we had much in common, especially our similar tastes in books and music. On our return trip home, we organised to meet and have a meal together. It really was the loveliest way to complete our holiday experience. We now write regularly and swap books and photos.

HOW IT WORKS

The yearly membership fee is \$60 and for this you receive a membership card and number, at least two publications per year containing descriptions of properties that are available for holiday or weekend exchanges and detailed information on how to arrange a successful holiday.

Confidentiality.

To ensure confidentiality, members' names, addresses and telephone numbers are not included in the publications. Members will be provided with access to this information by telephoning or writing to Holiday Swaps, giving their name and membership number and the properties they wish to contact. From this point on, members are free to negotiate and organise their own holiday exchange.

Of course, membership places you under no obligation to have a holiday or accept a swap. Some members simply enjoy receiving the publications during the year and, while having no specific holidays plans, are open to the possibilities that might come their way through the network. Others use it for the occasional weekend getaway, or to organise an annual holiday or long service leave period. Exchanging homes is an exciting and economical way of having a holiday.

For enquiries write to Julie Gittus, 34 Franklin St, Maldon 3463. Ph: 054-752-443.

SEYMOUR ALTERNATIVE FARMING EXPO

Once again the Seymour Alternative Farming Expo will be host to a large collection of alternative building ideas. Organisers are currently sourcing an extensive range of the latest innovative and alternative techniques available to ensure this feature will be the mecca of its type in Australia for people looking at alternative living.

Skilled tradesmen with unique designs, crafts and skills are being sought for the February event, to have working displays of their talents. Anybody who is looking at concepts from cottage homes, through to stonemasonry, mud brick housing, solar hot water and environmentally friendly living in general or simply those people who delight in watching a skilled craftsman at work need to ensure that they make the Expo a definite date in their calendar.

Prospective siteholders and craftsmen who feel they have something to offer should contact the Expo office on phone 057-991-211 or fax 057-991-311. The Expo will be held on the 18th, 19th and 20th February 1994 at Kings Park Showground in Seymour, Victoria.

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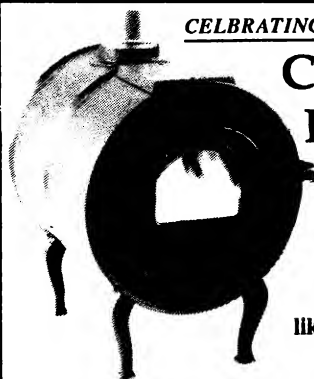
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Culture Shock

by Judy & Roy Clark, Narooma, Qld.

We have recently moved from Queensland to New South Wales. Where do I start to explain how it all came about? The reasons are many, but which one finally made the decision for us is unclear as one was just as important as the others. Nevertheless we have moved, hopefully, for the better.

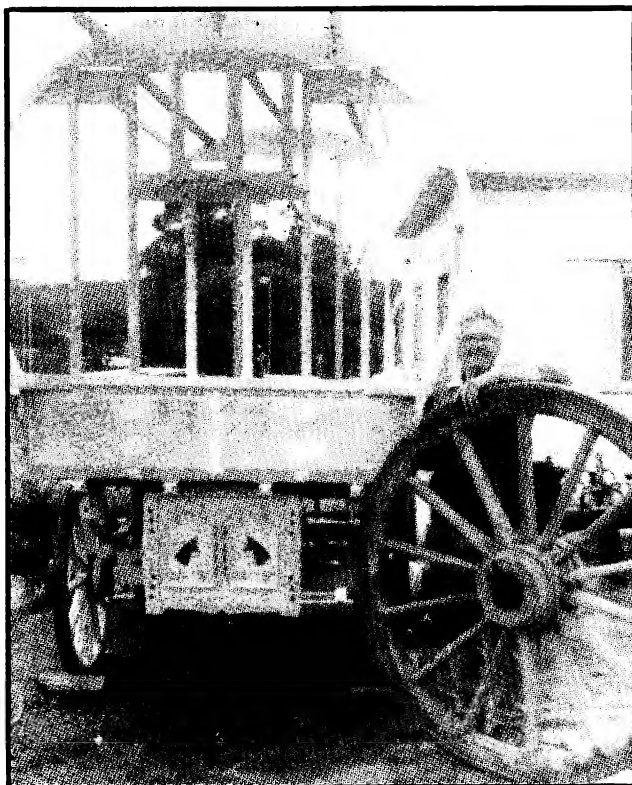
Queensland, as you probably are aware, has been in drought conditions for over two years now, so the constant hand feeding of stock and lack of water for gardens and irrigation was one of our reasons for moving. The dams were holding all right and the tanks were good. With just Roy and I using the water we never had problems about running out. I was fighting a losing battle with the bull oak and wattle trees. The wattle shot up everywhere and the oak kept falling over in high winds, cluttering up the ground which I had already cleared and burnt to try and grow a bit of grass for our animals. We couldn't just up and sell them as they were more than just 'stock' to us, even though they were costing us to keep. We planted all kinds of grass but nothing would grow. We felt we were fighting a losing battle with the property, so decided to look elsewhere for a place that could give us good grazing as well as more work in the horse-drawn vehicle repair business.

At this time, we were contacted by friends of Roy's daughter to see if we were interested in moving to Narooma to take on a job with them in their soon-to-be-built tourist complex and wilderness cabins. Roy would be their tourist attraction as a working wheelwright and if we wanted to use our horse and wagon to give rides we could. Everything was arranged through the CES to move to the new job. We loaded all our possessions onto a semitrailer, had the Clydesdale horse trucked down the week before and gave our other two horses away to friends and relatives, sold the cows, calf and chooks, left the property in the hands of an agent and left Queensland for greener pastures. The horse arrived all right and is as happy as a cow in clover on 42 acres of good pastureland in the rainforest. Our semi load of goods and chattels arrived and was unloaded into storage as we are living in a granny flat at the back of Roy's daughter's place.

Then the discussion started on the ins and out of the tourist complex and what part we would play in it, wages, contracts etc. On the very day Roy was supposed to start with them to help build the centre, the owners lost their nerve and called the whole thing off. They felt they were getting in over their heads and couldn't cope. They had guaranteed us and the CES that there was a job to come to. The CES paid for the move of Clydesdale and goods and for our fuel for getting here, only for us to be left in the lurch on the day of starting work.

So here we are. Our property in Queensland has recently sold, now we are to start again. Luckily we had made enquiries last Christmas as to the need for a wheelwright, so we hope to start the business off again down here. So far it's been very promising, with a lot of interest coming in. Roy is trying to work out of his son-in-law's garage and his first job has been to replace the spokes in an old car wheel to be turned into a light fitting for a local resident.

We are now looking for land so we can build again. This time it will be a kit home. The locals here are very helpful and interested in what we want to do, to the extent that the local newspaper has already done a story (with photograph) on the wheelwright in town, after us only being here six weeks.



Roy Clark, wheelwright, with the gypsy caravan he is building.

But what a culture shock for us! After living for the last five years in a tin shed with no power, then to come to live in a town with all mod cons we felt like the proverbial fish out of water for the first month. It's amazing how things that should be commonplace seem so foreign when they haven't been encountered for some time. Like simply plugging in an electric jug. We plugged it in all right but didn't know it had an automatic button, so were waiting for it to boil and nothing happened. We didn't know it had to be reset for it to work. I've burnt so many meals on the electric stove. (Give me a wood stove any day!) Roy's son-in-law has an office with computers and faxes and word processors etc and both Roy and I are computer illiterate and didn't have a clue how to work the fax. I still even don't know how they work the video. We had to learn quickly how to work the fax as we were the only ones left at home one day and someone wanted to send one through to us. Boy, what a mess that was! It has been like getting out of a horse and cart into a sports car. What has shocked us the most is the electricity bill and the amount of rates people pay here, for a tiny block of land.

Our self-sufficient lifestyle was not going to change when we first moved down here, as we were going to be living on land next to the so-called tourist complex which is on 160 acres in the rainforest. It was going to be run without mains power, so we would have been living in the same manner as we were in Queensland, only with more grass and water. I was looking forward to finally having a garden. But if we have to live in a small historical village to get business, then so be it. Even though Narooma has a population of only 5000 people, it is still

too big for me, so we are looking at smaller towns such as Tilba, Mogo or Carbargo.

Our ideals haven't changed; we still hold to our old ideas and ways and will take them with us wherever we go. We hope to find somewhere soon, as we are sometimes at a loss for things to do. We no longer have the firewood to collect, wood to chop, stoves to light, chip heater to light, chooks, cow and horses to feed, fences to maintain, property road to mend, house to build and paddocks to clear. I miss making our own butter and the smell of the woodstove burning, but we have all our hand tools and equipment in storage ready to start again. Roy has progressed a little further in building the gypsy caravan when money will allow. The pace of living has slowed a little, we no longer use every bit of daylight to work by and now end up finishing our evening meal by six o'clock instead of still working outside and eating at eight.

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THE COST OF CHRISTMAS

by Marilyn King, Kangaroo Island, SA.



*'Twas a few days before Christmas,
I was standing at the sink,
washing lots of dishes
when I began to think.
The realisation hit me,
I'm sure it was heaven sent,
of the cost of Christmas
to the environment.*

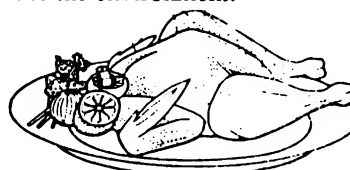
Yes, my favourite Christmas poem took a twist this year which indicates how serious was my realisation as I've always considered it a sacrilege to alter a favourite poem or song. Anyway, there I was laboriously cleaning muffin and patty cake trays with the deliciously sweet, tangy odour of freshly baked fruit mince pies filling the kitchen and the taste lingering in my mouth. The pies had already been taste tested by all within a half-mile.

'Dishes. Always dishes. If I used bought pies I wouldn't have all these dishes. I could just throw away the little alfoil tins.' 'Ah', rebuked my inner voice, 'and the plastic wrap and either styrofoam or cardboard trays'. Then a vision appeared, of an overflowing dump, of an even more polluted world.

So began my chart of comparison between a 'consumer family', and us, dedicated DIYs (do it yourselves).

	Consumers	DIYS
Cake:	foil cake tin cardboard box plastic wrap paper frill (plastic lined)	paper frill (cellophane lined)
Pudding:	foil plastic wrap	piece of string
48 Fruit Mince Pies:	48 foil pie tins 8 styrofoam trays plastic wrap	
Goose:	plastic wrap maybe an oven bag	

All the eggs, milk and butter used for baking are home grown, so we didn't have any cartons and our flour is bought in bulk, packed in calico bags which we then use for cushion cover, dish cloths, tea towels, rags and many other items. We also use a dish-washing liquid made from natural ingredients, so protecting the environment. As the chart took form in my mind, the washing-up blues disappeared and I reaffirmed my commitment to the environment.





Low Cost Holiday Fun



by Angela Shannon, Kalgoorlie, WA.

You may have a trip planned for the Christmas holidays and that's great. Let the children make a list of what they need to take and pack their own toys and clothes, helping them where necessary. That way not everything is being done for them and they get to join in and be their independent little selves.

However, not everyone is going away for the break, so here are a few ideas of what to do to keep children occupied at home during their holidays. Turn the television off and enjoy the time that you have to spend with your children. These activities can be for adults or children and are with the thought of 'low cost' in mind. Enjoy!

- Make a papier mache picture or item.
- Create some mobiles using paper or fabric, string and a coat hanger.
- Go roller skating on a spacious concrete area nearby.
- Write a letter to a penfriend or friend on holidays (look at GR for some contacts).
- Go out for a ride on your bikes as a family, perhaps take a picnic lunch.
- Each person design (and be responsible for maintaining) a garden in a different section of the yard/paddock. Plant seeds, plants trees, do some propagating from favourite species in your own garden or that of a friend.
- Make some cakes or biscuits (if the weather is too hot do a no-cook cake).
- Have a treasure hunt. Hide some treats around the house and yard with instructions of where to go to get the next treat. Take it in turns to find the treats (all following of course) to make it fair, and if the person is too young to read have one of the older children read it out.
- Wash the dog and when he is dry make him a decorative bow from a scrap of old fabric.
- Go for a picnic, if not at a park then in your own backyard (this can still be fun).
- Line up a group of seats and play buses, taking turns in being the bus driver. It's fun playing the various characters getting on and off the bus (and I'm 27 years old).
- Go for a drive.
- Make a bubble making device using an old piece of wire and use dishwashing detergent for the bubbles.
- Make a scrapbook of items of interest from magazines, with each scrapbook being devoted to a theme: cartoons, animals, people with glasses, etc.
- Go to the lost dogs' home and take the dogs there for a walk.
- Visit a friend or ask one around for afternoon tea.
- Go to the shop or toy library, even adults love to look at all the amazing toys around today.
- Go to the library.
- Do some painting on paper or on fabric using a fabric paint from your local art dealer.
- Take turns in drawing a picture. Have another person put a title to the picture. Or, make a joint picture, passing the paper around and each person adding a feature.
- Hide the red sock and have people search for it (saying getting hotter or colder depending on how close someone is to the red sock).
- Have a dancing competition to music on the radio or



record player, take turns, in being the judge. Judge the craziest dance.

- Play pass the parcel.
- Paint on one another's faces with some make-up.
- Go and visit the babies at the maternity hospital. Perhaps you could visit the hospital that you were born at or show the children where they were born.
- Make your own wrapping paper by painting on large sheets of newsprint or by sewing scraps of fabric together to use as wrapping paper.
- Make crazy portraits by sticking pictures of family faces on some paper and then adding someone else's body, either from a magazine or hand-drawn.
- Get an old hat and jazz it up by sewing big buttons or colourful fabric to it. Perhaps sew corks to the end of the hat and be a swaggy.
- Make puppets from old socks that have little chance of ever being mended again.
- Collect flowers from yours, a friend's or neighbour's garden. Add some greenery at the back and arrange them in a vase.
- Go for a walk. If you live in a historical area, find out about some of the old houses from the tourist information centre.
- Take your children to the house where you grew up.
- Make fridge calendars for friends and relatives. Deliver them in person or send them in the mail.
- Have a concert with everyone doing a different act.
- Decorate some old tennis shoes by painting them or sewing on buttons and fabric scraps.
- Play board games.
- Make your own board game and add rules, using a game that you have at home as an example.
- Get one person in your family to organise a surprise for the others, it's up to them to plan for the whole family to do something together for the day.
- Make up your own recipe using other recipes as a base.
- Go and shoot a few goals of basketball/netball at any indoor or outdoor courts nearby.
- Take a bus ride on a route that you've not travelled before. Hop out and have a look at the shops and different surroundings.
- Dress up in your parents' or grandparents' clothes.
- Dress up as ghosts using an old sheet with holes cut out for eyes.
- Make a hanging bird bath using an old container and string. Place seed or water in it and place it somewhere

free of cats so that neighbouring birds can visit. Make a note of the different birds that come to visit and take some photos if possible.

- Make an illustrated joke book from jokes that you've been told or have collected from various magazines.
- Read aloud to each other in the evenings.
- Do a jigsaw, this is relaxing and a lot of fun.
- Have your children pretend they're running a shop or restaurant with the kitchen bench as the counter, adults can pretend to be the customers. Then try vice versa.
- Make 'Happy New Year Cards' and, before the event, walk around and deliver them to friends.
- Make doodle pads for the telephone.
- Choose a picture from a newspaper or a newspaper heading and write a made up story, making it funny. Make your own newspaper with humorous characters using your local paper as an example.
- Make funny hair styles on each other.
- Have some sack races in the backyard or at the local park. Invite a few friends. (Parents must join in.)
- Write some nouns (eg, dog, cat, computer, tree) on slips of paper, put them in a hat (bowl, bag, anything). Each person choose a slip of paper and act out the word on it.

I could be here until next Christmas as the list gets longer and longer. You might like to photocopy this list, cut out each item, fold, place in container. Then, when the little voices start asking what they can do now, the owners of said voices can draw out a slip of paper and follow through with the activity.

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A SYMBIOTIC RELATIONSHIP

by Stephen Ingrouille, Going Solar.

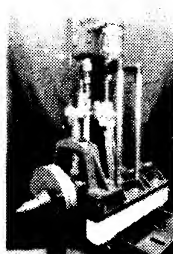
If I dig deeply enough I can find my early issues of *Grass Roots* with the old grey and fawn covers. Well, here we are, 100 issues later! Congratulations, a great achievement. But more than that, our sincere thanks.

Thanks for your help and thanks for just being there. Before Going Solar was born in 1979, I was selling *Grass Roots* magazines at the early Alternative Technology Association meetings. Starting any new business is fraught with difficulties, even more so in a new field where concepts such as self-sufficiency and appropriate technology are not widely understood. *Grass Roots* as an avenue for information paved the way for Going Solar and the many other businesses that are members of the Appropriate Technology Retailers Association (ATRAA). It is my opinion that the self-sufficiency and alternative energy industry would not be where it is today without both the formative and ongoing work of *Grass Roots*.

It has however been a symbiotic relationship. Going Solar has supported *Grass Roots* over the years, in the form of advertising sponsorship, supplying the occasional article and by selling the magazine and most of the back issues through our shop. The back issues of *Grass Roots* contain a plethora of valuable information, and while for us it's an expensive exercise, I feel we have a duty to keep as many back issues as possible in stock. To aid the dissemination of information, I have compiled an index which can be used by people who call at Going Solar.

Good luck to you Megg, and all the team at *Grass Roots*. And just think, at six issues a year, it will be about the year 2010 when we will be able to have a party for the 200th issue! So keep up the good work.

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Part Two

CHRISTMAS IDEAS

by Rita Summers, St Helens, Tas.

When I first started writing for GR, we were operating a host farm, which we did for about six years, then changing to homestays, but still offering the same accommodation style and quality. We stopped operating at the end of 1992 in preparation for our move to St Helens. My husband, Ian, had been teaching in St Helens for just over five years, and had been boarding all that time, coming home only on weekends. This meant that, apart from a break of two years, we had seen each other only at weekends for eight out of ten years – most of our children's lives. My health was very bad toward the end of this period. I believe this was due to stress and overwork, as I struggled to keep up with all my business and family responsibilities and separation from Ian. The only thing that kept me from 'going under' was my Christian faith.

It was painful leaving our home in the bush, but it is wonderful to be together as a family every day. We have not sold our home; instead, we have left enough furniture, linen etc behind so that we and family and close friends can use it as a retreat. Everyone does a bit of maintenance in return for their stay. So far, this has worked out very well, with the house and grounds continuing to look cared for.

I believe that God knew I needed trees and a verandah, because the only house available to us for rent in St Helens had these, with the added bonus of a lovely water view. I also found a job as co-ordinator of the local neighbourhood house. This job is very rewarding and fits in well with family needs. My health is greatly improved, and although asthma and spinal problems are still there if I overdo things, I now know the warning signs. Then I make sure I slow down a little.

In my previous article (GR 99) I described some uses for dried and preserved flowers in arrangements. This time I will give you some ideas for making a Christmas centrepiece for the festive table and share some more Christmas ideas to decorate your home or to give as gifts.

A CHRISTMAS CENTREPIECE

A centrepiece for the table when celebrating a special occasion can greatly enhance the festive atmosphere. It is best done on a flat base, or in a slightly curved flower basket. Attach oasis with wire in the way described (GR 99) and choose colours to match your table linen and the mood and taste of the party.

Make imitation tiny Christmas puddings by wrapping pingpong balls in squares of red material; then tie with gold, silver, or green ribbon and decorate with sprigs of artificial holly. Pierce bottoms of the puddings with a needle and insert florists' wire. The pudding can then be pushed into the oasis between the flowers and other materials in the arrangement.

Make imitation parcels to use in the same way as the puddings by cutting cubes from oasis foam, wrapping them in patterned or metallic paper, then tying with very narrow ribbon or cord, finishing with a bow. Insert florists' wire as for puddings. These parcels can also be bought ready-made if you want to avoid making them yourself.

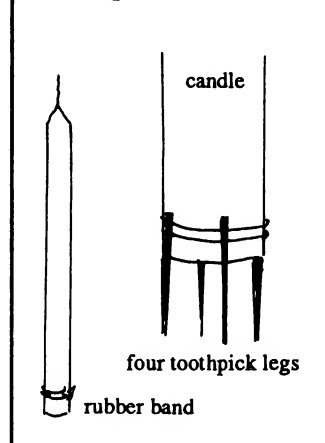
Use cones which have had the tips of their 'petals' touched up with glitter. Large gum nuts can be wrapped in kitchen foil after attaching to florists' wire.

If using the 'bunch' method of arrangement, try combining a sprig of real or artificial holly, a parcel, a cone, a ribbon loop or bow and a pudding in each one. Wire together and repeat until you have enough bunches for the whole arrangement.

Include Christmas balls attached to florists' wire in your arrangement as colourful accents. Striped candy canes, which usually come already wrapped in cellophane, can be wired near the bottom and included in your centrepiece.

If you wish to include a candle in the centre of your arrangement, make sure that it is quite tall, so that the flame is well clear of the dried material. The last thing you want is a fire in the middle of your carefully arranged table! Keep this in mind when deciding the length of the stems which you insert as you create your centrepiece. To make sure the candle is firmly in place, wind a rubber band around it near its base, and slide four toothpicks under the rubber band to form sharp legs. These legs can now be pressed into the oasis.

Diagram 1
Attaching a Candle



TOPIARY TREE (sometimes called 'Yum-Yum tree')

If you can find an interesting, knobbly branch in the bush, this is cheaper and more attractive than a length of dowel.

Materials

- small piece cardboard
- 1 terracotta flower pot (approx 12 cm diameter)
- 1/2 pkt Polyfilla
- 1 branch, or length of dowel, about 45-55 cm long and sharpened on one end with a Stanley knife
- 1 green oasis ball (about 12 cm diameter)
- 4-5 large dried hydrangea flower heads
- craft glue (clear) or PVA glue
- assorted dried flowers, cones, seedheads etc (wire cones as described in my previous article in GR 99)
- dried moss or lichen, or potpourri
- narrow ribbon, or raffia, in lengths of about 80 cm
- pliers

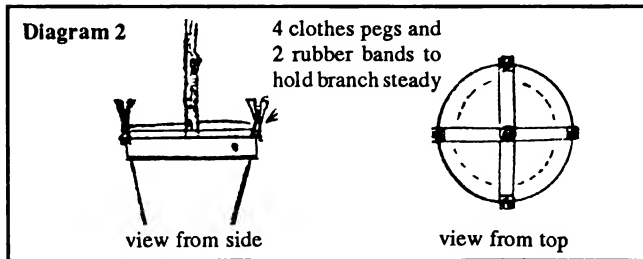
Procedure

Cut the cardboard to fit inside the base of the flower pot to cover the drainage hole. Glue down.

Mix up the Polyfilla according to the instructions on the packet (using only half the amount – save the rest to make another topiary tree!). Carefully scoop the Polyfilla into the

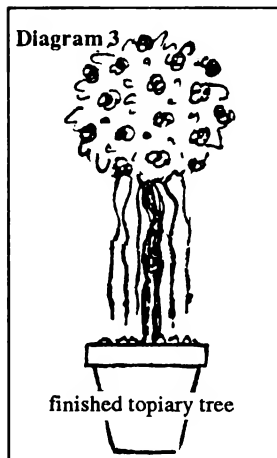
flower pot, taking care not to get any on the sides. Smooth with a spatula, then stand the branch (sharp end up) in the centre of the mixture. Use rubber bands and clothes pegs to hold it steady as the mixture dries. Leave to set overnight.

Note: the mixture begins to set after 10 minutes, so wash all utensils as quickly as possible after using them.



Carefully push the oasis ball onto the top end of the branch or dowel. Remove, spread glue on the branch or dowel tip, and replace the oasis. Let it stand for an hour.

Cut the hydrangea flower heads into smaller sprigs (about six per head). Dip the stems in glue, then insert them into the oasis ball until it is completely covered. Use more if you need to. Add the remaining dried material in the same way, except more widely spaced, so that the hydrangea still shows through. The new additions will stand out and complement the hydrangea background.



Attach a length of florists' wire to the centre of each piece of ribbon or raffia, twisting the wire together to form a short stem for insertion into the oasis. Dip the wire stems into glue, then push them into the arrangement so that the lengths of ribbon or raffia hang down around the branch or dowel. Trim if necessary and knot each end.

Cover the Polyfilla in the pot with potpourri, moss or lichen.

Note: loops can be made from ribbon or raffia and wired for inclusion between the hydrangea sprigs. (See GR 99 for instructions).

DECORATIVE SWAG

The swag, similar to a rope of flowers, always looks impressive in home decorating magazines. It seems very complicated, but is actually easy to make, although somewhat time consuming. You need a lot of dried material, but the finished effect is well worth it.

Materials

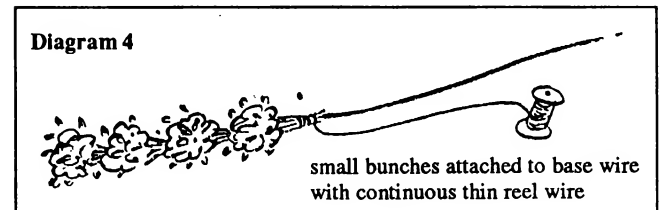
- length of sturdy but flexible wire, about $\frac{1}{3}$ longer than the finished swag (this is the foundation wire for the swag)
- florists' wire (usually comes in 20 cm lengths)
- 4-6 different sorts of dried flowers, foliage, and/or wired cones or nuts; ribbon loops can also be incorporated
- reel of thin wire, or very strong cotton or fine string

Procedure

Make a small bunch of flowers by selecting one of each type of drieds, forming a bunch in one hand and binding the stems together with a length of florists' wire with the other hand. Repeat until you have enough bunches to cover the whole length of the swag, with enough for overlapping between each bunch.

Beginning at one end of the swag wire, tie one bunch on to it with the thin reel wire, winding it around several times to secure. Do *not* cut the reel wire. The bunch should be pointing towards the end of the wire you are working from.

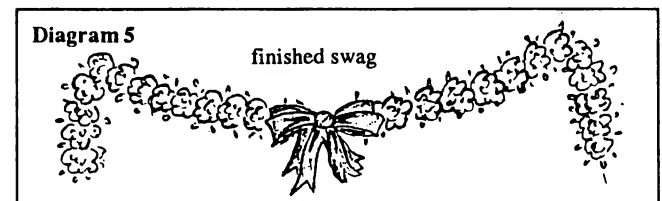
Take a second bunch of flowers and place it partially over the stems of the first one, no reel wire should be visible. Using the continuous reel wire, wind it around the stems several times to secure. Repeat until you reach the centre of the wire. With pliers, cut the reel wire and twist to secure. If using cotton or string, knot tightly.



Beginning at the other end of the swag wire, repeat previous instructions again working towards the centre of the swag, but with the bunches pointing towards the end you are now working from. Stop when you reach the centre where the bunches meet.

Make a large bow using two lengths of wide ribbon tied as if they were one, hold them together as you tie them. Use a short length of florists' wire to secure this in the centre of the swag to cover the space between the two central bunches of flowers.

Hang the swag on the wall by hooking it carefully over two small nails or hooks. Allow a section to dangle down at each side and the middle to hang loosely to form a curve. Use the swag for decorative effect on the wall over your bed, over a doorway, or over a window.



Look for more great gift ideas from Rita in the next issue.

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LOW ENERGY COOKING

by Nevin Sweeney, St Clair, NSW.

In common with many Grass Rooters I long for a self-sufficient country lifestyle while being entombed in the city. There are plans for the future but between work and family commitments it seems as far away as ever. I am lucky in that I have some land around me (the usual suburban backyard) on which to practise and a spouse who shares my ideals. Even in a small backyard there is so much that can be accomplished, so many ideas that can be tried before the break for the country. In the meantime we can maintain our interest and enthusiasm and lead a more satisfying and productive lifestyle.

My job as an industrial chemist is a busy one and at times very stressful, with often the nagging feeling that I am not achieving anything. Living an at least partially self-sufficient lifestyle is an excellent antidote for this, as I am able to see the fruits of my labours in a very real, concrete way. I derive a greater deal of satisfaction from being able to provide for my family in this basic physical way, than just earning money to then spend on food can ever provide. I suppose this is the attraction the self-sufficient lifestyle has always had for me.

I am buzzing with new ideas to try at the moment, having just discovered Jackie French's *Backyard Self-Sufficiency* and Bill Mollison's *Introduction to Permaculture*. Another area of concern for me in these days of 'greenhouse' worries, environmental degradation and concern about our dwindling non-renewable energy resources is that we should all be aware of our personal energy consumption. Somewhere between 10 and 20 percent of the energy that we use goes to cook our food; this is a sizable slug, so any technique that can be used to reduce it is worth considering. Mind you, the following ideas can make you more resistant to strikes or blackouts and save you money as well as reducing the burden on our energy supply systems; some of them can also be fun!

VACUUM (THERMOS) FLASK COOKERY

For less than \$15 at your local supermarket you can invest in a wide-mouth thermos flask that holds 500 millilitres or hot food. If you want to pay more you can get bigger units or the more robust stainless steel ones. All of them can be used to cook food using the stored heat as well as to keep precooked food hot. Into your flask put grains such as rice, wheat or pearl barley, some dried beans, any fresh vegies (diced first), any meat that you want to include and, allowing some space for expansion, fill with water. Then tip the contents of the flask out into a saucepan and bring to the boil, boil it for five minutes to drive the heat into the centre of the grains and beans. Next pour the mix into your thermos and put on the cap, then put it aside in a draught-free area for eight to ten hours. When the time is up open it and add a few herbs, spices or sauces, and you have a hot, tasty, home-cooked meal with a minimum of energy consumption. It might need to be tipped into a saucepan and brought back to the boil if it has to be left any longer, but in a thermos it is impossible to overcook.

The ingredients you use depend upon the bits and pieces you have left over; this style of cooking lends itself to improvisation. A hot breakfast can be made by following the directions using just dry wheat which can then have milk and sugar added to it in the morning to give a cheap, hot feed. It is worth having a thermos flask for each member of the family.



A polystyrene broccoli box is a suitable container for 'hay box' cookery.

HAY BOX COOKERY

This is similar to, but a much older idea than, the vacuum flask, where a pot or saucepan is first preheated then placed in an insulated box to cook in its stored heat. Cookers of this type were in widespread use in Europe in the middle of last century and in America early this century, but their use seems to have declined after World War 1. The hay box cooker consists of three parts: the outer container, insulating material placed inside the container, and the pot in which the food cooks.

The outer container can be a styrofoam Esky or recycled broccoli box, an old trunk, wooden box or barrel, in fact any container that is large enough to hold the pot and insulation and is airtight. Wooden boxes or barrels with cracks between the slats or staves will need to be lined with cardboard or aluminium foil to ensure they are airtight. If the material of the box is also a good insulator such as styrofoam, so much the better.

The insulating material could be hay or straw as it was in the originals, or crumpled up newspaper, styrofoam beads (e.g. bean bag filling), foam rubber or sawdust, depending on what is available. Materials such as the straw or newspaper can be used as-is but the styrofoam beads or sawdust tend to spread all over the place unless confined in a fabric cover similar to a pillowcase. Also, to make its removal easier, the insulation material destined for use on top of the pot should be sewn into an insulating cushion the same size as the top of the container.

The pot should also be made of a material that retains its heat well, such as Corning Ware, heavy stainless steel, well seasoned or enamelled cast iron, or stoneware. It also must have a tightly fitting lid so that the steam and heat which does the work is not allowed to escape into the box. To achieve the best results it is important to ensure that the pot is full or almost full of food so that the heat will be retained long enough to cook the food fully.

To use the cooker, the pot plus food must be boiled on top of the stove so that all ingredients are hot in the centre, thus the denser the food or the larger the chunks the longer it takes. Dried beans should be soaked overnight before boiling, large cuts of meats simmered for one-fifth of their normal cooking

time. Once the food is preheated the lid is put on the pot and the whole assembly wrapped in a paper bag or newspaper, then a tea towel, then nestled down into the insulation, the cushion placed on the top and the lid securely closed.

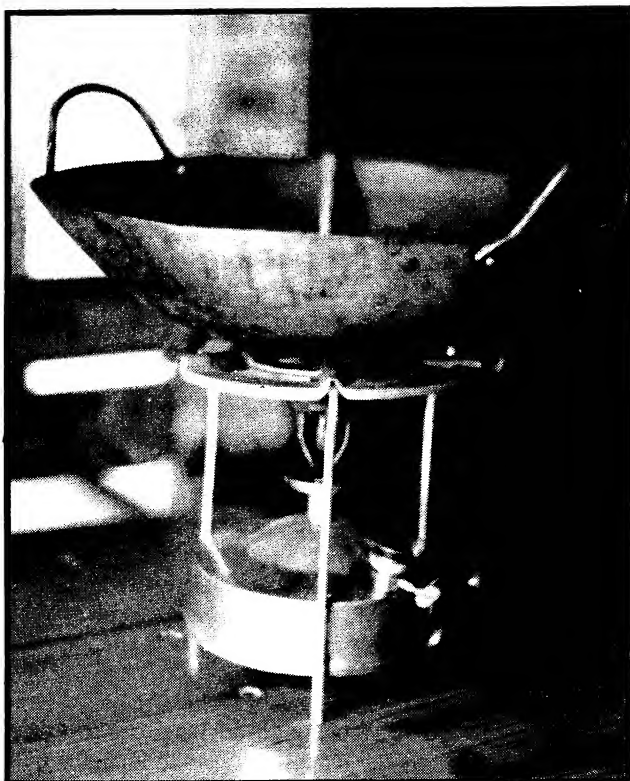
How long the food needs to be left to cook varies with the type of dish and its ingredients but five to eight hours is a good start. However once it's in the hay box no peeking, it lets the heat out. If, on inspection, the food is not quite cooked it should be reboiled, rewrapped and then returned to the hay box. When the food is cooked it should be reboiled before serving. Crock pot recipes can be easily converted for use in the hay box.

After each use the hay box should be pulled apart and aired to prevent any build-up of bugs and odours, especially if the insulation is of organic origin. Insulation of organic origin will also need to be replaced from time to time if the hay box is in regular use, due to deterioration caused by such bugs.

WOK COOKERY

The Chinese cooking pan known as a wok has been in use in Chinese kitchens for somewhere around a thousand years and because of its cheapness, efficiency and versatility it deserves a place in more Australian kitchens. The traditional round-bottomed wok is adaptable to most heat sources such as the gas stove, kero or LPG primus, metho camping cooker, wood burning fire or, when a hole is cut into the plate, the family barbecue. The one power source it cannot be used on is the electric stove, but these days flat-bottomed woks are available for just this purpose.

Woks are very cheap in the Asian shops to be found in most large cities (five to ten dollars each), so cheap you can afford to have more than one. They are available in a number of materials, the more common being stainless steel, pressed mild steel and cast iron. I prefer the traditional mild steel wok but the other types would be just as good.



A wok set up for cooking, using a kerosene primus as a heat source.

The dish for which the wok shines over all other pans is the stir-fry, where all ingredients are cut up very finely and then cooked very quickly over high heat; this is economical on both energy and nutrients. Cooking in this manner is also different and a lot of fun! The Asian practice of using rice and vegetables in quantity and then using meat in small amounts as a flavouring is also a trick worth learning. There are a few good Asian cookbooks, but once you have mastered the basics it is a cuisine which allows a lot of improvisation.

When you buy your wok you will need to clean it then 'season' it to give it a protective nonstick surface. First wash the wok thoroughly with hot water, detergent and a soap pad to remove any antirust or oily coatings, rinse then dry. Now rub the inner surface with a thick layer of high quality peanut oil and heat the wok until the oil appears to steam. After three to five minutes remove the wok from the heat and allow it to cool, then wipe away any excess oil. The wok is now ready for use. After the wok has been used to cook in it should only be rinsed with hot water to clean it, if detergents or scourers are used on the inside cooking surface it will need to be reseasoned before its next use. When the wok has been cleaned wipe a thin layer of peanut oil onto its inner surface to act as a rust preventative.

The only absolutely essential accessory for your wok is the round-nosed shovel-like implement (called a 'churn') used to move food around the inside of the wok. If you are flush with cash other handy bits to have are a wire ladle for removing deep-fried morsels from hot oil, a solid ladle, a bamboo steaming basket or two, an aluminium ring to sit the wok on when it's off the heat and, of course, chopsticks. These add-ons increase the versatility of your wok so that it can be used to steam, braise, deep-fry and shallow-fry as well as stir-fry.

THE PRESSURE COOKER

The previous three methods of cooking require only a small outlay on equipment, unfortunately this is not so with the pressure cooker which may cost over \$200 if bought new. However the pressure cooker does cook 66 percent faster than cooking at atmospheric pressure, with a subsequent saving in time, nutrients and energy, also no laborious preparation of food or equipment is required.

A pressure cooker works by allowing steam pressure to build up inside it to the tune of 70 to 105 kPa (10 to 15 PSI) above atmospheric pressure. At atmospheric pressure water boils at 100°C (212°F) no matter how long you boil it, but at 105 kPa water boils at 120°C (248°F), so food can cook much more quickly. This allows the use of cheaper cuts of meat and ingredients that require longer cooking such as boiling chooks or dried beans. Dried beans can be cooked in 35 to 45 minutes in a pressure cooker and require no presoaking.

The main problem which can arise with pressure cookers is if the food swells up or foams up while cooking so that it blocks the pressure relief valve. To prevent this the cooker should never be filled to more than two-thirds capacity and foods that have a tendency to foam, such as split peas, should be avoided.

Next time I will give you some hints on reducing energy consumption when cooking on or in, a conventional gas or electric stove.

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ADAPTING TO CHANGE

by Liz Zylinski, Newham, Vic.

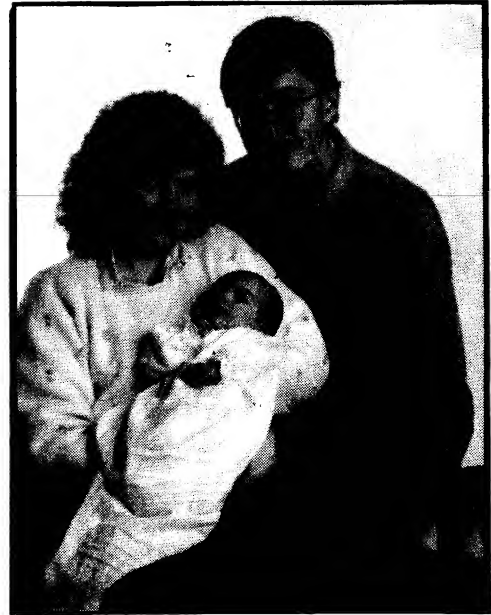
Back in 1991 (GR 84) I wrote of our self-sufficiency efforts with a tiny suburban backyard. Since then, we've made the move to the country, had a baby, and built a house. We've found that building, baby, and living in a caravan isn't conducive to self-sufficiency, so my gardening efforts have become experiments in how long it takes to kill plants through neglect. However, we are very happy living here at Hanging Rock (about one hour north-west of Melbourne). Our move out has been relatively easy, I think because we are still fairly close to friends and family, as well as to the local town and railway station. Most important for me have been the extensive local mothers' networks – playgroup, toy library, kinder gym, etc. Without these, I would have been lonely – as lonely as if we had stayed in the suburbs!

Andrew has enjoyed building our house, although he isn't keen to do it again. Apart from help from a plumber initially, friends, family, a local lad, and an electrician, Andrew has done all the building himself – 20 squares of solar efficient post and beam mud brick. An incredible effort in 16 months considering that he was working full time, apart from an initial eight weeks. We now have a beautiful, comfortable warm (unfinished) home that is a constant joy to live in.

Now that we're in and the pressure is less, Simeon (16 months) is growing up, and summer's coming, I'm slowly getting back into the much neglected garden. Last year we had a few vegies, but in general things were just left and harvested haphazardly and the weeds took over. However, I did make several interesting discoveries – strawberries thrive on neglect, silver beet survives and marigolds keep on flowering despite heavy frost.

There is still heaps to do. We have the remainder of 2.5 cleared acres to be 'tamed'. Three years ago (before we moved up here) we established an orchard of about 20 trees, and this year we should have a harvest at last. Of over 100 natives planted for a windbreak at the same time, maybe one-third are left – bugs and killer frosts have taken the rest. There's still paving and putting in the cold climate garden (azaleas, hydrangeas, fernery) behind the house; and the cottage/herb garden to the front. Plus fencing for the goats, and to keep Simeon out of the dam that went in this year. We must also become members of the local fire brigade – an intrusion to building and gardening time perhaps, but a vital insurance for both and a duty as a country resident.

It can be daunting when you sit down and think about all there is still to do, but it's also exciting. I don't really mind if it takes us a few years (Andrew does – he wants it all *now!*), as I just enjoy being here in the country; it's peaceful, the views are superb, I have good friends, a delightful son, an incredible husband, and a lovely home. We wouldn't head back to the city for quids!



Liz, Andrew and baby Simeon.

If we did it again, I don't think we'd do it much differently. We built a shed before we moved here, so we had some idea of what building was about, and this also gave us water supply and storage area. We bought a caravan (28 foot with annexe) and lived on site, saving rent and maximising building time. Land values have plummeted since we bought, but the joy of living here outweighs any financial loss. The house frame and mud bricks were purchased ready made – time saved was more important than cost. Children slow down building, but if the partners don't build peacefully together (we don't), then what better excuse to start the family! But house builders become totally focused on getting the job done and resent any intrusion to their building time. This makes life a bit dull for the nonbuilding family members. Perhaps a written agreement before you start would be a good way to get the occasional day together as a family!

COMPOSTING

Now I'm in a position to have more time to spend establishing my new garden I will require large quantities of compost and I'm grateful for the experience I gained in making compost for my small city garden. I know I will easily be able to adapt my 'compact composting' method to cope with my present needs.

When we lived in the city we found that people still thought a compost heap 'too difficult', even though they understood the benefits of compost. Instead, they said, 'we don't have room for a compost heap', or, 'compost heaps smell', or, 'we don't have time'.

Well, composting is easy, and doesn't have to be difficult or take up much space or time. Our urban backyard was a mere six by seven metres and mostly brick paving, but we had two compost heaps so that while one was being added to the other was maturing. It was easy to set up, cheap, easy to work with, and didn't smell (except maybe when we took the lid off!).

The Bin System

Buy two large plastic garbage bins (the largest you can find or afford). Cut around inside the bottom of each one, making as large a hole as you can, but leaving a bit of a rim for stability, and place the bins upside down, next to each other, where you want the compost heap to be. Put the lid over the hole you made in the bottom, place a brick on top (security against the wind)



Our split level house faces north, the clerestory windows bring in light to the back rooms.

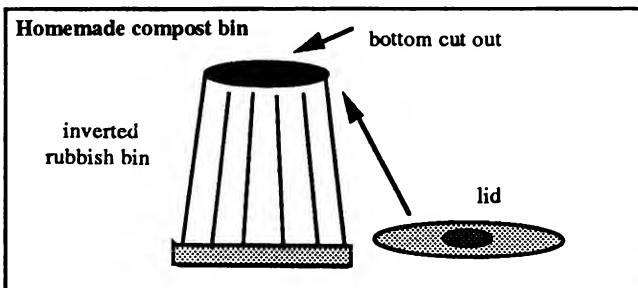
and you are now the proud owner of a compost bin. For fast maturing, it should get some sun, although not so much that it gets too hot. Also, it must be placed on soil, so that earthworms can enter. It is also a good idea to pile a bit of soil around the edge of the bin, so that flies, cats, possums and vermin are not encouraged to get in.

When one bin is full, start filling the other. When the first one is 'cooked', simply lift off the bin, fork it through, and spread it around your garden. Simple, cheap, saves space, and it works.

What to Compost

Into our compost bin we put all vegetable scraps, tops and peelings (but don't peel if you can avoid it – most of the goodness is just under the skin), fat trimmed from meat, eggshells (crush in your hand first – they break down better), citrus and banana skins, coffee grounds and tea leaves (never down the sink!), small amounts of kitchen oil, ash, bones (although they take a while to break down), animal manure, paper towels, wine corks, and so on. The only proviso I make is that if you have an excess of anything (such as four dozen lemon skins), either put them into the compost progressively, or put some into the garbage.

All garden refuse should also be composted, you should never need to take it to the tip. Either use a muncher on larger pieces, or chop into short (2-3 centimetre) lengths which will break down eventually. Even weeds can go into the compost, although personally I draw the line at ivy, I just don't trust it! Lawn clippings shouldn't go into the compost either, you should be mowing your lawn often enough that the clippings are left in place as mulch. If you do that you also save yourself time, water, and the cost of fertiliser.



We collect our kitchen waste in a one litre 'itty bitty bin'. An ice cream container works just as well, but the 'itty bitty bin' is more rigid and the lid is easier to put on, so it's not smelly. When your kitchen container is full, tip it into your compost bin, replace the bin's lid, rinse out your kitchen container, and you are on your way again.

Every so often (say every 30 centimetres), add a handful or two of blood and bone and cover with soil. This helps the decomposition. The key with a compost heap is variety. If you layer your heap well the compost you make should be balanced, black and beautiful, and brimming with nutrients. If you are also interested in saving water, get the male members of the family to use the lemon tree and compost heap in preference to the loo, as they benefit from the nitrogen content.

I hope these ideas will stimulate some city gardeners, particularly those with limited space, to try making their own compost. And there are side benefits. Apart from enriching our soil, composting meant we didn't need to plant tomatoes, potatoes or pumpkins again (until we moved)!

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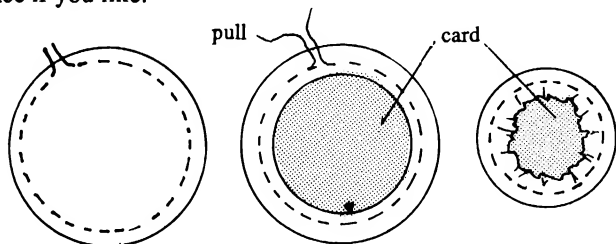
RECYCLING BEAUTIFUL CARDS

by Judith Magor, Riverside, Tas.

More and more people are shunning the commercial greeting cards and using their creative skills to produce something uniquely personal. Hand-painted, pressed flower, embroidered or fabric applique cards are not only beautiful but say to the recipient, 'You are someone special and so I have taken time to make this for you'. My collection of such cards is growing. How can I throw away cards like these? It seems a pity just to put them in a box and forget about them. How can you continue to enjoy them long after the special occasion?

Most of my cross stitch cards have come mounted in three-fold cards. A very simple way to use one of these is to glue several pieces of flannel inside and use it as a needle case. Buy a small notebook or pad of paper and glue it inside the card to use as your shopping list or to carry with you in your handbag. You can attach a ribbon loop to the top of a card you wish to keep and a small calendar to the bottom. Glue the flap closed. Hang it on a wall for a year of enjoyment of your special card. Pressed flower cards are particularly suitable for framing. There are many attractive small picture frames available at reasonable prices.

With care you may be able to remove an embroidered picture from a cut-out card. If the fabric has been cut generously you can make padded wall hangings or cover jar lids. Cut out the largest circle possible around the embroidery. Run a strong gathering thread half to one centimetre in from the edge. Cut a piece of card into a circle about one centimetre less in diameter than the gathering thread circle. Pull the thread gently and slip the card (slightly padded if you like) inside. Pull the thread up firmly and fasten off. Cover another circle in the same way using a piece of toning fabric. Glue the two disks together incorporating a ribbon loop for hanging and a frill of lace if you like.



If the piece of embroidery does not have sufficient fabric around it to allow for gathering and pulling over the disk, it could be glued directly to the cardboard and lace or braid glued over the cut edges rather than between the disks.

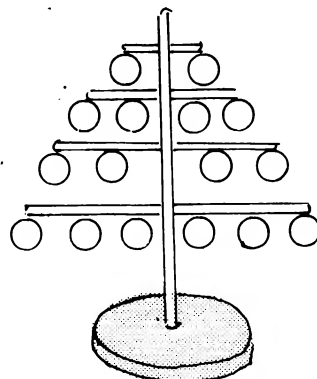
To make jar lids trace around the lid on to a piece of card. Cut half a centimetre inside this line. Cover the disk by either of the above methods and then glue the disk to the jar lid. Use the jar to store cotton buds or balls for the bathroom or baby's room. It is less trouble to simply cut the embroidered fabric to a circle or oval and glue it directly to the lid or to the front of a jar. Cover the edges with glue on braid or lace.

A piece of embroidered fabric can be stitched or glued to the front of a coathanger. Cover the coathanger with fabric and then attach the embroidered piece by hand-sewing or gluing, covering rough edges with glue or lace. It is easier to centre the embroidery after the hanger is covered. The same idea can be used to decorate the front flap of a knitting bag or stocking bag.

Bookmarks are another possibility. Use the card as it is, or

trim to shape if you can do this without spoiling the design. Add a tassel of coloured threads or fine wool.

You can use Christmas designs backed with Christmas fabric to make decorations for the tree, attach a ribbon loop to each decoration. If you have a number of lovely Christmas cards you would like to recycle in this way you could make a miniature 'tree' of them to decorate a mantelpiece. Construct the tree from scraps of timber and pieces of dowelling. Simply hang the ribbon loops over the 'branches', or drill holes in the dowelling, or put in tiny nails from which to hang the disks. Paint or stain the tree.



Don't hide that special card away in a drawer or box. Be creative. Use it and keep on enjoying it throughout the year.

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LOOK AFTER THE SOIL

by Pat Coleby, Ruffy, Vic.

Pat first wrote to us many years ago about the success she had had in restoring her son's health using vitamins, minerals and unadulterated foods. This treatment would have been seen as very unconventional and regarded with much scepticism at the time. Attitudes have changed. Pat now notices a growing awareness of the connection between healthy soil, healthy plants and animals and human health.

Most of my life has been involved with animals of all kinds, even in wartime the strip of garden behind our rented house on the Isle of Man housed a rabbit palace occupied by a Rex rabbit and her friends! I think I preferred animals to people from a very early stage. I rode horses without saddles or bridles, something I would never have allowed my children to do. I made friends of all the farm animals. The Ayreshire bull however did not respond to my friendliness and I had to clear a three metre high blackberry hedge!

Fairly soon my passion for animals took a more positive form and I determined to become a vet, studying madly and working with vets when I got the chance, which was often – English vets were very good in that respect. The vet idea was vetoed, so a spell working on market gardens, farms, and in the horse racing industry brought me up to marriage and emigration as 'Ten Quid Trippers' to Oz with a family of three and an ailing husband.

We moved straight from the hostel to a rented house on a farm and I reared child number four and helped the landlords with their cattle, sheep and horses, learning to pull calves and lambs and helping with livestock problems as they arose. My first victory was with an old unhappy ewe. 'She won't live, the flies're round her,' was the general attitude. I got that ewe good and drunk with some goat's milk and brandy. She slept for two days, snoring loudly, and then walked off looking as though nothing had happened at all. The landlords were rapt!

Soon however the ill health of the stock started to worry me, my milking goat herd was costing a fortune to keep healthy and I started to learn that in Oz the soils were *sick*. Mastitis in the goats ceased to happen once I supplemented their feed with dolomite to supply the missing calcium and magnesium. Supplying the necessary copper and trace minerals brought their health up to the point that I remembered in stock in the UK; the horses the same. I became unofficial (and free) vet for the local foundered horses (lack of magnesium) and cows and ewes that were having trouble producing (another deficiency – potassium) and kept on learning. My sick family also responded to using mineral and vitamin supplements. I had a good teacher in Maurice Finkel (*Australasian Health and Healing* editor), and learnt how to keep us all in reasonable health.

One thing led to another until now, 34 years down the track, I have found links between nearly all ill health and a deficient diet. Of course the deficient diet starts with the soils on which the feed is grown. The great American professor Dr William Albrecht said, 'Feed the soil,' and then he proved that the plants would be healthy and so would all who fed from them.

The past year has been a disaster year for farming. Shocking rains in the spring of '92, followed by a poor summer and an unusual winter have led to crop failures and sick animals because the rains have leached out what little is left in the depleted soil. Fungal disease with various serious sounding names have proliferated, and the answer has always come back to the same thing: the farm is sick. The pH is often in the region of 4.0 and the soil so sour and unhappy that the fungus attacks

the plants' roots, goes up into the foliage, the animals eat it and another 'disease' is up and running.

Supplementing the animals, be they alpacas, cattle, pigs, dogs, cats, whatever, even a tortoise once, with the necessary minerals and vitamins only goes so far. The soil has to be rescued, we have to stop using poisons and acidifying chemicals. I have managed to restore health to paddocks in two to four years on a number of farms of my own and it is not an impossible task. We have to get going *now*.

Pat Coleby is a long-time GR writer who, over the years, has generously shared her vast knowledge and experience in many articles about farming and animal health. An article with particular relevance to creating healthy soil is in GR 90, p 65. Comprehensive advice on soil and animal health can be found in her recent book, *Farming Naturally and Organic Animal Care*, \$16.95 posted from Night Owl Publishers, PO Box 242, Euroa 3666.

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ASH WEDNESDAY

Lessons to be Learned

by Mary Horsfall, Longwood East, Vic.

Earlier this year much media attention was given to the tenth anniversary of the horrific Ash Wednesday bushfires (16th February 1983) in which so many lives were lost, homes destroyed, and properties devastated. Perhaps the one good which has emerged from all this destruction has been in the findings of researchers, such as Dr Caird Ramsay of the CSIRO Division of Building Research, which indicate that there are ways in which people living in fire-prone areas can minimise the risk to their homes and their lives. It is highly likely that an able-bodied person can use the home as a haven from the fire, at the same time being on the spot to save the home. Individual circumstances will differ, but the CFA now recommends that unless you are elderly or disabled it is safer to stay in your home than to flee it in dangerous bushfire conditions.

Houses can be attacked in three ways: by direct flame, radiation, or flying embers and debris. Researchers found little to suggest that the first two factors were of major significance in destruction of houses. Burning wind-borne debris lodging in any crack or crevice is the main danger, often causing a house to burn down several hours after the fire front has passed. Home owners have a good chance of extinguishing the fire if they are present in the early stages, with a mop and container of water to douse glowing embers and small spot fires.

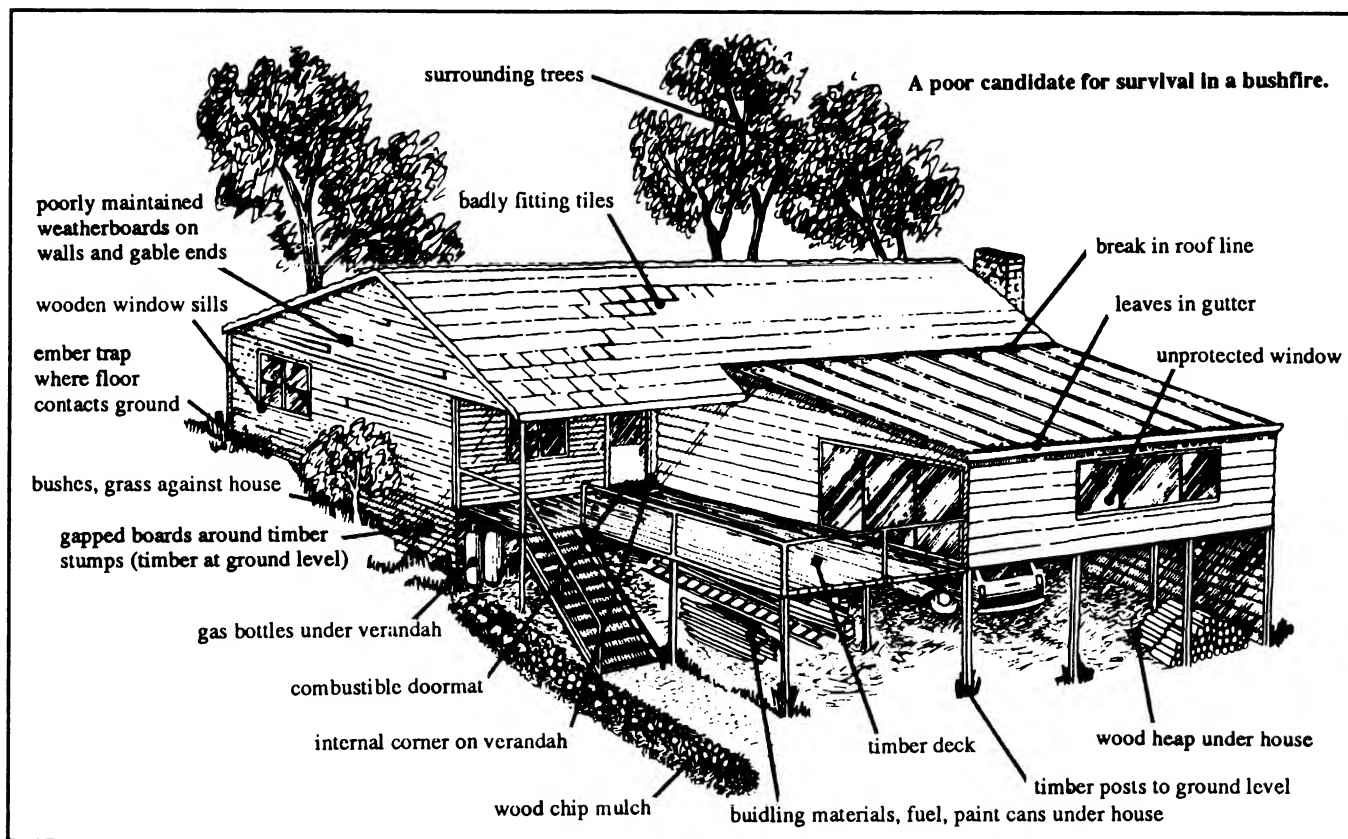
A prolonged shower of burning embers, pieces of bark and leaves can begin to fall on a house up to half an hour before the fire front arrives and continue for hours after it passes. Embers lodge in gaps or crannies, such as windowsills and broken

rooflines and can build up into mounds sufficient to ignite even sturdy stumps and poles. Embers can also enter the house through unscreened vents, open or broken windows, gaps under ridge caps or gutters, and partially enclosed under-house areas.

Houses constructed with bricks or other noncombustible materials at ground level are at a distinct advantage in surviving a fire. Brick houses were found to survive bushfires best, and often when they did ignite were damaged rather than completely destroyed. Roof material and design was found to have had a significant influence. Steel deck roofing proved better than either corrugated steel or fibre-reinforced cement roofs. Roofs with mixed pitches (allowing ember build-up) fared worse than either flat or single-pitched rooflines. The survival rate of houses dropped where there was vegetation against the house. Human intervention was of major importance in the survival of houses. In cases where the house remained occupied, or the owners returned within a few hours, spot fires could be extinguished with a small amount of water and minimal effort, thus saving the house.

Surprisingly, researchers found that often houses rebuilt after the Ash Wednesday fires are of similar design to their ill-fated predecessors. They offer the following advice for people planning to build or renovate a house in a fire-prone area:

- Keep to a simple design. Complicated designs and multi-pitched rooflines increase wind turbulence and trap burning embers.



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- Ensure that the roof is securely attached, every tile fixed well, and use aluminium foil underneath.
- Prevent spark entry by sealing all openings.
- Use brick external walls, particularly at ground level. Timber walls should be smooth-sawn and well maintained.
- Use metal shutters or fly screens to protect windows.
- Steps, decking and pergolas of timber should be kept to a minimum.
- Concrete slab-on-ground foundations are preferable. In situations where elevation is necessary noncombustible supports should be used and the under-floor area totally enclosed using fire-proof materials at ground level.
- Gas bottles and outbuildings should be placed at a distance from the dwelling.
- Space adjacent to the house should be clear of vegetation, firewood and other fuels. Use mown lawns, paving or gravel areas to provide a useful fire break around the house.

Illustration reprinted from *Trees and Natural Resources*, Vol 34, No 4. This article is based on information contained in the same issue, particularly an article entitled *Home Preservation, even in the Path of a Bushfire*, by Andrew Bell. Subscription to *Trees and Natural Resources* is \$24.50 per year. Enquiries can be directed to: NRCL, PO Box 105, Springvale 3171. Ph: 03-546-9744.

Some previous issues of GR which contain articles on bushfire safety are Nos. 72, 73, 83.

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MAKING LIFE HAPPEN

by Pamela and Herman Odilk, Mt Morgan, Qld.



In our middle years we did the unthinkable. We left our Sydney careers and set off for a more self-sufficient, and hopefully less stressful, alternative lifestyle in the country. That was in 1987. Many said we were mad – and perhaps you have to be a little mad in order to understand what sanity is. We have never regretted making that move.

Since then we have done many things. Herman has managed a photographic lab, earned part of his living with his camera covering country weddings and other functions, taught business methods and taxation, built furniture, done the lion's share of the hard manual work on our two properties (one an orchard), built extensions on our first alternative-style house (a split log cottage), built 90 percent of our second house, written three books (more to come), is a writer for and editor of a national business newsletter, and has completed two university degrees as an external student. Pam has written 29 books (with some still to come), written a couple of hundred magazine articles, earned money with cookery skills, had a market stall, planned the gourmet small crops and helped with their cultivation, learned how to keep chooks, ducks and geese, knitted and sewed clothes, decorated both houses with painting and sewing skills, taught writing courses, and also completed a university degree as an external student. All of this is a far cry from, and far more challenging and rewarding than, the day-to-day boredom we had in the accountant's office and university library in Sydney!

FINDING TIME

'How did you manage to find the time to do all these things?' people ask (including Megg and Mary, which is why we wrote this article). Well, when we look back now we feel quite exhausted thinking about it, but we were well motivated, determined to make our new lifestyle succeed. To do that we needed to plan our lives and activities very carefully and stick to the plans we made. There is no magic wand to short-cut this system. As Mrs Indira Ghandi once said, 'The only magic is hard work, an iron will and the strictest of discipline'.

Our Typical Day's Routine for Summer

We are often up at 4 am to be ready for weeding the gardens (asparagus and other small crops) at first light. Summer night temperatures here rarely go below 20°Celsius and daytime hover around 36°Celsius and it's easier to do battle with the mosquitoes than the heat. We both work at this task with a couple of 15 minutes breaks until half an hour after sunrise. It is amazing how quickly this task is done and the 4 am rising can cease for a while until it becomes necessary again.

The other recurring 'big project' which has to be done at this ungodly hour is mowing the grass and brush cutting. Pam

mows while Herman swings the brush cutter. Initially this job was done with hired equipment until we could afford to buy our own, and then with a heavy duty mower until we could afford a ride-on one. All this exercise certainly kept us fitter than our sedentary city lives!

The next activities include checking the operation of our waterplant, filling the orchard irrigation tank, checking the drip lines, and generally looking over the property to make sure that everything is in order. The waterplant is an amazing piece of hi-tech equipment which purifies and supplies the house, orchard and other crops with 1500 gallons of water each day. We decided to install it during the drought when our tanks, dams and well were empty and the previously unusable bore water had to be pressed into service as it was the only water we had. A shower is followed by a hearty breakfast at 9 am, after which we rest for half an hour. Generally speaking, 10 am to 2 pm is allocated to reading, research, studying, typing, writing, taking photographs for articles, making phone calls, sending off faxes, answering letters. If there are pressing deadlines more time is allocated.

From 2 pm to 3 pm we have a light lunch and rest. From 3 pm to just before dusk there are more outside jobs to be done: perhaps planting out, pruning, checking the drip irrigation lines again, watering those areas which are not drip irrigated, harvesting the nuts and fruit. Then there is time to sit on the verandah and watch the antics of the wallabies and the scrub turkeys (some of which have become quite tame) feeding on the grass near the house, the kookaburras, parrots, cockatoos, parakeets and others coming to drink, the natives ducks and sometimes ducklings swimming up and down on the dam beside the house, the wind bending the high tips of the casuarinas and other trees in the strip of rainforest which runs through our orchard.

Dinner is usually at 7 pm while we watch the news and maybe another programme or two, which usually turn out to be less entertaining than the wildlife performance earlier. Then we plan activities for the next few days and the very next day. Another shower, and off to bed.

RECREATION AND OTHER ACTIVITIES

Holidays? Holidays and farming don't seem to mix, floods or droughts have usually seen to that. When you work for yourself over a range of activities the old stresses of 'work' disappear and the line between what is 'work' as such and 'recreation' become increasingly blurred because you tend to make those things you like doing, your work. However, we have managed to take two one-week breaks in the past seven years to have a complete change of scenery. We spent those times in our

refurbished caravan by the beach, doing absolutely nothing!

Our trips to Sydney and Brisbane for research are also regarded in part as 'recreation', as they are a change of scenery and away from our usual routine.

Shopping

Shopping is restricted to one day per week. The greatest contrast between our shopping trolley and most others is that ours contains no convenience foods. Because we don't 'go out to work' we spend very little on clothes. Home sewing and bargain hunting dress us quite well. Shopping day also means banking day (paying bills day), buying newspapers, collecting and posting mail, photocopying and library research. Any car repairs are slotted into this day too if possible. We are home by 4 pm, in time to feed the chooks and other poultry.

Special Activities

Special activities such as craft, sewing, building furniture, cutting firewood are carefully slotted into the schedule. Sometimes one morning, afternoon, or entire day can be given over to this. Special activities also include competition cookery and craft for local shows and competitions.

Building

Building of course was a special activity with a difference, and it had priority. On our first property Herman built pergolas, verandas, carports and a seed raising area onto the sides of the existing cottage. We also had a pre-fab garage which we used as a writing and photographic studio.

On our second property, the building was more extensive as the two-storey house on it was only just begun: only the outside walls, floor and roof existed. The rest, including the addition of 12 foot verandahs on three sides was built entirely by us (although we had a builder erect the stumps for the verandah). The building was accomplished prior to our small crops being planted and took the place of these activities in the example timetable. However, we had a routine of 'one day on, one day off' for building until the internal walls were in place, as it was too exhausting to do this every day. Some essential initial building was done prior to the power being connected. The house was completely finished within twelve months.

Studying

We had both commenced university courses before we embarked on our alternative lifestyle, so had learned to incorporate study time into an already busy routine which involved full-time city jobs, house and family responsibilities. We have never studied in the evenings, even then, because we were just too tired. Studying was fitted into the daily work routine either by going to work earlier, staying later, or using flexi-time for studying in the middle of the day. Even then our holidays were given over to study leave, to attending residential schools and to studying for/sitting exams.

In the early days of our alternative lifestyle routine, all studying was slotted into the 10 am – 2 pm time block, and anything extra was allowed for the same way as special activities have been.

Markets

Market days have also been important. At our second property, shopping day also became the day on which we sold our produce to local customers, shops, retailers etc. Herman was the salesman, while Pam dealt with some of the other activities.

When we lived in NSW, Sunday morning was the time we set up our stall at the local markets where we sold our free range eggs, Pam's jams, chutneys, relishes and cakes. The cakes (usually 17 of them) were baked on Saturday afternoon ready for an early start. Herman also displayed and sold his photo-

graphic work which included a range of original framed photographs and greeting cards.

Paid Work

Paid jobs also had to be included when the opportunities arose. Herman, covered in cameras, often spent all day Saturday photographing a wedding or some other activity. For a few months he spent part of each day at a photographic lab. Pam also spent short periods working part-time in various university and college libraries. Our teaching jobs were always at night, but preparation time for the classes had to be incorporated into our routine.

WAS IT FUN?

No, not 100 percent of the time – nothing is. We made mistakes and had to do things over again, fortunately not expensive mistakes. We've had our share of problems too. We've been down to our last dollar with the bank breathing down our necks, we've coped with floods and then the current three-year Queensland drought, had large unexpected expenses which swallowed up the bank account, been hurt by attitudes and actions of 'friends' and family members, and often wondered 'What next?' and 'Why us?' But in spite of any negatives, we have had our share of fun and success and are much happier people within ourselves. Yes, we'd do it again!

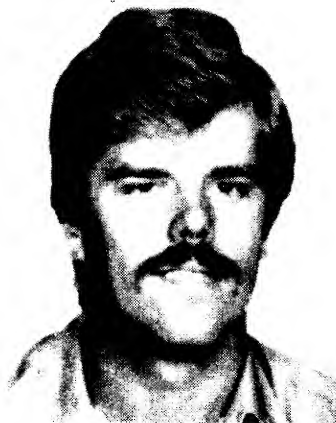
What Next?

A few weeks ago we sold our property and moved to a house in town. Our increased writing and research commitments made it necessary for us to travel frequently the 700 kilometres to Brisbane, hence managing a 14 acre orchard and its allied activities became too difficult. Besides, we were in our mid-forties, healthy, and fit enough for all those tasks we thought were before us, back in 1987. But it's harder to swing a hoe, a heavy brush cutter, and hump the harvest loads in the tropical heat a few years later! We're now planning new alternatives.

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MAKING VEGETABLE OIL SOAP

by Marion Boetje, Maryborough, Qld

At Forest Edge, we have been selling soaps, candles and cosmetic creams for quite a few years. In fact, our business is almost as old as *Grass Roots*. During that time we have received numerous requests for advice on soap making and for recipes, particularly those which utilise vegetable oils.

The subject of soap making has been well covered in GR, with basic methods, safety precautions and a variety of recipes being available in issues 13, 66, 67, 68, and 69. As these issues are still available, they would make a good reference for beginning soap makers. All the recipes in these articles have been tried and they really work. All of the listed ingredients are still available today, unlike some of the more peculiar recipes I have sometimes unearthed in old books. However, as mentioned, my most frequent request has been for recipes and information on vegetable oil soap.

'Vegetable oil' is a description generally applied to soap that does not contain any animal products and many people favour it for that reason. It is also a very fine textured soap of the utmost luxury to use, making it very popular in its own right. The oil may be extracted from various plant components, such as seeds (sunflower, safflower), nuts (peanut, macadamia nut) or fruit (avocado, olive). Unfortunately, most vegetable oils will make a soft textured soap when used alone, and this is the reason that vegetable oils are normally used in conjunction with animal tallow. The main exception is olive oil, which on its own will produce the hard white soap known as Castile, after the area in Spain where this soap was first made.

There are many different kinds of vegetable oils and each one will impart its own particular properties to the soap. Consult the accompanying table for a summary of their characteristics. In using any one of them, you will produce a soap that is both luxurious and unique. Many of the oils are too expensive to be used in the commercial production of soap, but

are well within the means of the home soap maker, who can make a year's supply in one batch...a luxury product at everyday prices!

All of the vegetable oils can be mixed in various proportions to produce different soaps, but I find that at least 50 percent olive oil is necessary for hardness. I usually include at least one 250 gram pack of cophia for its coconut oil component. Coconut oil makes great bubbles! If you live in an area with very hard water, you could use much more coconut oil in your soap to aid the lathering process. Another readily available vegetable oil product useful for soap making is 'FryMasta', a solid blended vegetable oil used for frying. Mixed with olive oil, cophia and other vegetable oils, it makes a reasonably hard, long lasting soap with a fine texture.

Because of its generally more liquid ingredients, vegetable oil soap usually takes a long time to saponify (thicken and turn into soap). If you have successfully made other types of soap using animal fats, don't be dismayed if you cannot pour your vegetable oil soap into moulds for 24 hours or longer. Just keep stirring the mixture occasionally and wait patiently! Some oils appear to take longer to saponify than others, just as some oils will discolour over time and cause the soap to take on a brownish hue. This colour change does not affect the properties of the soap in any way.

BASIC VEGETABLE OIL SOAP

Refer to the previously mentioned GR articles for hints, trouble-shooting and safety precautions. I'd like to reiterate here that soap should not be made when young children are around. Soap is a chemical compound (sodium stearate and water) which results from the mixing of sodium hydroxide (caustic soda, or lye) and stearic acid (fat). Neither of these components is pleasant and, in fact, caustic soda is extremely dangerous.



A variety of high quality Australian vegetable oils can be used for soap making. Samples of the finished product are shown in the foreground.

GRASS 35 ROOTS

PROPERTIES OF COMMON VEGETABLE OILS RELEVANT TO SOAP MAKING

OIL	COLOUR	CONSISTENCY	ODOUR	LATHER	SKIN REACTION	PALMITOLEIC ACID
Coconut	yellowish	very brittle	almost odourless	good, even in hard water	drying	small amounts
Palm	yellowish	very hard	similar to oil	good lather	very mild	
Olive	yellow	hard/brittle	oily	good	very mild	small amounts
Avocado	green/yellow	hard	almost odourless	good	very mild	
Macadamia	white	hard	almost odourless	good	very mild	20%
Peanut	light yellow	softer than olive	almost odourless	good	very mild	
Cottonseed	dirty yellow	fairly soft	similar to oil	good	mild	small amounts
Soyabean	greenish yellow	hard	odourless	good	mild	
Sunflower	yellowish	soft	oily	small bubbles	mild	
Safflower	turns dark	soft	oily	good	mild	
Castor	yellow	fairly soft	odourless	good	mild	

However, a miracle occurs when caustic soda and fat are combined under the right conditions and a wonderful new product – soap – is formed.

When making soap, use only stainless steel, ceramic, or heatproof glass containers and stainless steel or plastic utensils. Caustic soda reacts with other metals.

Ingredients

1000 g (35 oz) coconut oil or copha

1930 g (68 oz) olive oil

1000 g vegetable oil (any combination, but some FryMasta will aid hardness)

675 g (24 oz) caustic soda, make up to 1.8 litres with water

Method

When making up your caustic solution, weigh out the required amount of caustic soda, place it in a measuring jug, and gently add cold water, stirring as you go. Dissolving caustic soda generates a lot of heat, and some fumes, so keep your face away. Splashes will cause burns and should be washed off immediately. Leave the solution in a safe place to cool.

Measure oils and heat gently in a large stainless steel pan. Stir occasionally until solidified oils are melted, then leave to cool. When both oils and lye are between 35 and 37°C (95-98°F), slowly pour the lye into the oils in a thin, even stream, stirring constantly. Take care not to splash. Continue stirring as the mixture turns cloudy and thickens slightly.

Stir mixture continuously for about 10 minutes and then at frequent intervals for the next hour or so. By then the mixture should have thickened somewhat, but may still separate into two distinct layers if left to stand. These layers are the oils and caustic, and obviously while sitting separated they are not taking part in any chemical change, so stir them up! Vegetable oil soap may not combine permanently for some time (maybe up to 24 hours) so keep checking the mix for separation.

When the soap has combined and thickened to the consistency of custard, it can be poured into the moulds. Moulds may be made from shoeboxes lined with cloth, vaseline-greased glass dishes, or waxed fruit juice or milk cartons. Leave the soap to set firmly, usually a couple of days, then slice it into useable bars.

At this stage the soap will still be very raw. The chemical

change will have slowed down but will still be taking place, so the new soap should be stacked so that air can circulate around it and proper curing can take place. The soap should be stored this way for at least three weeks, preferably longer, and should be turned every few days to allow for even curing.

Scents and colour can be added to the soap at the stage just before pouring into moulds. For this amount of soap, add about 30 ml (1 fl oz) of your favourite fragrance oil. We prefer the natural colour in our soaps, but if you would like to try some colour, dip out a little of the thickened soap, stir in some powdered food colour, then return this mixture to the soap and combine well. Be prepared for some surprises, as the colours get caught up in the crossfire of the chemical change. Blue and green food colours are particularly spectacular, red is unreliable in the long term, but yellow is generally stable.

Properties of Various Vegetable Oils Relevant to the Soap Making Process

The properties listed above refer to soaps made entirely with one oil. As I mentioned above, oils can be blended to combine the best properties. Palmitoleic acid is a fatty acid which is particularly beneficial to the skin. In the past, it was obtained from whale oil which is very high in palmitoleic acid (15 percent), one of the reasons it was so prized as a cosmetic ingredient. As you can see, our own Australian macadamia oil makes a high quality substitute for whale oil in this regard.

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NEVER TOO LATE

by Jose Robinson, Wild Cattle Island, Qld.

It's never too late to start a new career. It is never too late to learn a new skill. Time and effort spent can be richly rewarding. I'm possibly busier now in my middle years than I was in my years of bringing up five children. To illustrate my point, I'll tell you a story about my own association with the art of screen printing. Right back to my early school days I'd always been involved in art and craft. Both my parents were craftpersons of excellence, so a little of it must have rubbed off on me somewhere along the way.

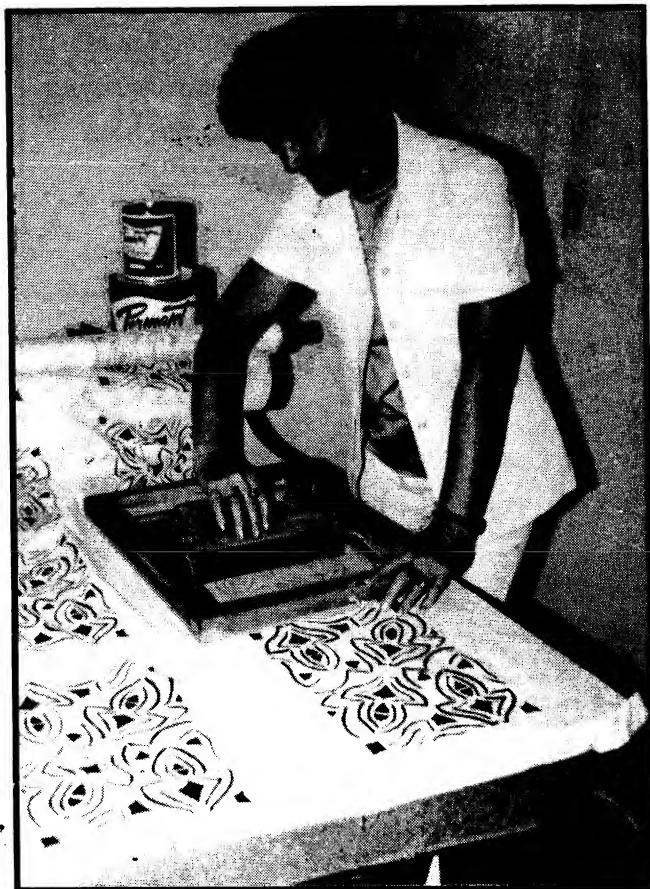
For the first ten years of my marriage, living in New Guinea, my time and creativity were channelled into feeding, clothing and educating our five offspring. You could say the following ten years living in Queensland were also mainly devoted to same said offspring. Then, seemingly overnight, the five became independent, and I began to have more time to be an individual person in my own right once again, and not quite so much of a full-time, always-on-tap mother.

I began to feel the 'creative urge' seeping back into my formerly domesticated brain. I brushed up with art courses. I attended vacation schools in art and sculpture at the Brisbane University. Later I studied art under a well known Australian painter. After some time my paintings became a saleable commodity. I entered competitions and showed my work at many art shows in and around Brisbane. In a modest way, I began to make a local name for myself. I experimented with mixed media and three-dimensional work and even kinetics (art in motion). After a time I virtually 'fell' into screen printing on fabric.

A professional artist friend and teacher gave me some private lessons in screen printing in my own studio at home. From then on I was hooked. The marrying of sketching and painting to the medium of fabric was what I'd been searching for. I'd always had a love of sewing and fabric, probably inherited from my talented mother. I'd always made fashion garments for myself as well as family's clothes and husband's shirts. For a time I'd even sewn professionally, part time. Now I found I could combine all this under the one umbrella. I was designing clothing and accessories, sketching the art work and screen printing it onto the fabric. The total combination I found very stimulating and rewarding.

My husband, Don, extended my studio to accommodate a larger working surface area for printing fabric meterage. For the printing of huge wall hangings I needed giant sized screens. At this time Don had a business requiring his presence for fairly long hours, so I preferred not to press my little carpentry jobs onto him in his precious off-duty hours. I simply learnt to do my own woodwork. I bought a good quality mitre box and tenon saw, as well as an electric saw and a few other odds and ends, and set up my own woodworking area. After a few lessons I began manufacturing my own screen printing frames. Eventually I constructed twenty-five different sized frames ranging from a micro-mini size of 20 centimetres to a giant of 1500 centimetres. If I needed a special size frame to suit a particular job, I'd make one up.

About this period, Don sold his business and we moved north to a small coastal town. Here I opened an art and craft gallery. This I could operate at the same time as dabbling in my painting and screen printing craft. It worked reasonably well



Jose at work screen printing a length of fabric.

and I found time to do a bit of craft teaching on the side. I had successful exhibitions and operated weekend workshops.

My style of screen printing hadn't stood still. I experimented all the time and discovered different ways of handling many colours on the screen at the same time. This I introduced into printing on fashion garments. Meanwhile I had collected a group of six young amateur models who were always willing to parade my creations at mannequin parades. Sometimes I'd hit on a theme for a series of designs and I'd put together a complete fashion parade of about thirty to forty outfits (both male and female) in variations of this theme. One time I created ethnic designs, another time I used the theme of Australian flora and fauna. Yet another series was birds. Ideas used to come to me in the middle of the night and I'd bound out of bed and scribble a few notes or designs. My enthusiasm knew no bounds. I was always afraid if I didn't note down my idea immediately it would be gone by morning. Once noted, I could go back to sleep, then in the morning I would go straight to my studio and work on expanding the idea.

I operated my art and craft gallery for three years, then we went to live in Spain for a year. I had one successful exhibition of my work while there. The next milestone in my belated career came when Don and I (now only Darby and Joan) made the decision to sell up our large home and gallery, plus all the trappings that went with it, and opt out of society. We decided to live an alternative lifestyle in a little cottage on a tiny island.

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Thank you GR readers for your continued support.

This was probably the biggest decision and change in our whole married life.

That was thirteen years ago. I was so enthusiastic in our new life of self-sufficiency that I put aside my screen printing and art work and threw myself into gardening, poultry keeping, swotting up on solar power. I learnt to use a fuel stove and the many different skills which make up alternative living. We spent hours and hours pouring over self-sufficiency magazines. We both took to the life enthusiastically and felt we'd never been so free, happy and carefree. The family had expanded by now and they visited us when they could.

It was hard work and we seemed to be busy from dawn till dark, but what fun it was to laugh at ourselves. Our lives now revolved around the tides of the sea. We took our cue from the state of the tide as to what time we could go to the mainland to shop or for mail, what time we could go fishing or crabbing or whatever. Meanwhile, except for a few commissioned jobs in screen printing, my studio work was taking second place. But it didn't matter - here was space and freedom.

After a time we reached the stage where the place was beginning to work efficiently. Our solar system had expanded, our bees and poultry were productive for our needs, a few herbs and vegetables were maturing. Gardening is always fairly demanding, so I had to cut down our initial plot sizes so I could spare time for my screen printing work. I don't do anywhere near as much professional screen printing and painting as I used to do, but when I do get myself involved it can go on for weeks on end. Then I'll take a break and go out and plant seedlings or dig a new garden or whatever. The important considerations I feel, are being motivated, content and happy with your situation, and being open to change.

A COMPLEMENTARY CAREER

Along with our self-sufficiency career and my screen printing work, since the early eighties a different but complementary career has been developing, one which has allowed me to share my experiences with a large number of people Australia-wide and internationally. Around about 1981, in answer to a query I'd written to GR for advice about a gardening problem, David Miller tacked a PS on the end of a note, inviting me to write about our island lifestyle for *Grass Roots*. So I wrote my first article. When it was actually accepted and published I was ecstatic. I was a writer! Someone out there actually liked what I wrote.

Out came the portable typewriter and from then on, I was forever tap, tap, tapping away, churning out more and more articles. I became a regular writer for GR. Soon I felt the need to have a more professional polish to my writing. I took on a correspondence course in writing. I sailed through that simply because I enjoyed every minute of it. Next I took a course in journalism level one, and later journalism two. Finally I did a short story writing course and a script writing course.

I have *Grass Roots* to thank for my initial interest in writing. Since then, I've been freelancing for several Australian magazines and even as far afield as American magazines. Thank you GR for believing in me and giving me initial confidence.

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SHOULD YOU BUY YOUR CHILD A PONY?

by Ngaire Schaeffer, Kurrajong Heights, NSW.



It is wise to provide a safety helmet even for children as young as this tacker.

Many children spend every minute of their day thinking about and wishing for a pony of their very own. Weeks prior to a birthday parents are driven mad with horse talk. On Christmas Eve thousands of little horse lovers dream of waking to the whinny of their first pony. So often joy turns to tears when the beloved gift bucks, rears, or refuses to budge. You made a mistake. Now your child is paying and so are you.

It is a wise parent who gives a child the benefit of riding lessons with a capable instructor before buying a pony. Telephone your local pony club; if you can't find it listed get in touch with your local council for the number and name of a contact. Pony clubs receive numerous calls every week from prospective horse owners. They are able to give you the location of your nearest veterinarian, horse dentist and farrier. They will tell you how to join a club, where you can keep your pony and generally assist. Most clubs will accept a child at any age and you need not own a pony as in a lot of cases mounts are available. Some clubs and some members lease ponies and will assist with legal procedures. Lessons are voluntary and parents are encouraged to take part. Most clubs hold gymkhanas every few weeks.

Let's assume that you have enrolled your child into a club and a few months and quite a number of lessons later, you decide to buy a pony.

BEFORE YOU BUY

Do seek expert advice from your area's pony club or, if you have an instructor not within a club, ask him or her for advice. Quite often a pony needing a good home and which has been outgrown will be available. Do ask an experienced horse person to assist you choose. Do listen. Many ask for professional advice and then take a neighbour's. Do have a vet check

carried out. Your veterinarian will make sure the pony is not lame and is suitable physically for the use to which you want to put him. Do arrange to see the pony ridden, preferably by a child near your child's age.

Don't buy on appearance only. The prettiest pony can be too flighty for a beginner. Don't buy too young a horse. Young ponies are like young children: easily frightened, they flee. A child, through weakness and inexperience, will fall and be hurt. Don't buy the bargain horse. Sometimes you can be lucky, but it is often a case of 'you get what you pay for'. This is where that professional or experienced friend is valuable. Of course, the most expensive horse can be just as unsuitable.

COST OF A PONY

The price of a beginner's horse is governed by temperament, experience, soundness and conformation. It is difficult to set a scale, but if your child is going to join the pony club it is certain she will want to enter competitions, so a sound, quiet animal will be required. Usually price starts from \$450 to \$650 for a beginner's pony, but a bomb-proof equine could go as high as \$900, especially if it is well bred. Whatever the cost always seek advice before purchase. If the horse passes the riding test and the inspection of your advisor, then arrange for the vet to check the pony out.

TACK

The price of your pony may be the largest item but all the equipment for a pony and rider can cost as much again. Be guided by your instructor or friend. Savings can be made through buying second-hand gear, but take special care when inspecting a saddle as the tree might be broken. It must fit the pony comfortably as well as fit the size of your child's seat. Never buy second-hand helmets. Often someone's taken a spill

in one and it will be cracked under the covering. It must fit your child firmly and the chin strap should not be stretched so that it can't be properly tightened.

Riding boots can be bought, often through a pony club, usually outgrown. Since they can be expensive this can be a good idea. Jodhpurs can be obtained second-hand too, although most clubs allow jeans. A selection of T-shirts as well as a fresh white shirt for competition days are needed, along with a tie, possibly in the club colours.

List of Tack

Horse

safe good quality, all purpose saddle	saddle cloth, preferably wool fly veil
leather or PVC headcollar	wool lined flax winter rug
lead rope	stainless steel snaffle bit
snaffle bridle	kite frame scraper
horse shampoo	hoof pick
mane comb	soft dandy-brush
hard dandy-brush	water brush
rubber currycomb	kerosene to kill bot eggs
bot egg knife	fly repellent
hoof oil	saddle soap and dressing

Note: if buying a new saddle check with the saddler as to the recommended type of care for your brand. If second-hand ask the seller what products they have been using. When buying hoof oil check that the brand is suitable in the conditions of your country. A type used in the dry conditions of Australia may not be good for hoofs in wet areas of New Zealand.

List Of Tack

Rider

safety approved helmet with strap	riding boots with a heel and smooth sole
jodhpurs*	drip-dry shirts or T-shirts
tie*	gloves (well-fitting)*
jacket*	raincoat

Note: Items marked * are optional. Most pony clubs have their own regulations regarding colours.

STABLING

The cost is governed by security, quality and quantity of feed, shelter and supervision. Approximate costs are:

- Stable, two feeds daily, supervision, bedding and labour costs involved in attending the animal and stable, \$55.00 per week
- Private paddock hire, \$6 per week
- Agistment, supervision, commercial establishment, \$10 per week.
- Paddock, hand feeding hay, supervision, commercial establishment, \$16 per week one hay daily, \$25 per week two hay daily.

These charges are only approximate and do vary depending on area and services required. Sometimes a paddock can be rented from a neighbour and you could do your own feeding, or share it with another and share the cost and the work. In such a case, do make sure the fences are secure, the gate is lockable and there is water and shelter available.

In some areas it is possible to keep a horse on your house block. Contact your council first since regulations differ. If you do get permission manure must be collected daily and kept in a lidded receptacle such as a garbage bin before removal. It is essential to keep on the good side of your neighbours so be considerate and offer them the manure for their gardens.

HORSE CARE

Owners must maintain their animal's health or be prosecuted. When you buy a horse you should contact your local vet and ascertain whether house calls are available. In the event of an emergency the time lost locating such a vet could jeopardise your pony's recovery. It is impossible to list fees for vet services since distance, time of day, the animal's temperament and amount of drugs affect cost. House calls are more expensive than surgery visits but the cost of floating could sway a house visit into favour.

It is a good idea to make yourself known to your vet before you actually need his services. He will be able to give you some idea of his fees for such routine services as worm drenches, teeth filing, and vaccinations which are all essential.

You will need the services of a good farrier, preferably one recommended by a more experienced horse owner; a master farrier can be your best friend. It is important that your pony's hoofs are checked at six-week intervals and either shod or trimmed.

TRAFFIC LAWS

There are many laws relating to horses on the roads. Most were made in the heyday of the horse as commercial transport and today, although still in existence, most are hard to uphold due to the changes brought about by the automobile. These laws are often under review since the horse is fast returning to the roads for recreation purposes.

Although laws exist now, and new one will be passed, horse riders should always take care near cars. Safety helmets and boots are essential. Parents should make sure their child knows road safety rules and, until that child is experienced, should forbid riding on busy roads. In cases where such riding is unavoidable, is it a good idea to accompany the rider who should lead the horse on the verge. If in a car the driver should drive very slowly behind the rider and to the edge of the road, signalling to others cars coming up behind whether to pass or not. It is very much a case of courtesy.

It is imperative that both parents and child be well informed before becoming pony owners. Once entered into, pony ownership can provide many years of family involvement and ensure communication between parents and child during the difficult adolescent years.

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OF TENANTS AND LANDLORDS AND THE SERPENT IN PARADISE

by N M Kelly, Ravenshoe, Qld.

I had never seen *Grass Roots* until recently and feel I have some experience which might help those people who think alternative living is really something. One of my tenants wants to go to Tasmania. Well, I've had a lady here who wants to leave Tasmania and move to this Evelyn (not Atherton) Tableland. We are above the Atherton, but (I suppose) part of the range, so we get classed together although we rise approximately another 300 metres above Atherton.

I had to live alternatively in my younger years. I used a wood copper to boil the clothes, had no washing machine, no power, no air strips, no delivered mail, no roads worth their name, plenty of bogs before the climate changed (and it seems it has), kerosene lamps, koolgardie safe, salt beef until the 'cask' went bad, no phones either, no radio (it would not work in that area), not even a crystal one.

I feel the modern day alternative life is a bit of all right, but with all the mod cons they have today I hardly think they are living alternatively. They have just moved away from the city to a town that's a few yards outside their boundary fences. From what I can see around here, they often wait until they are aging and then take on too much for them to handle, particularly in the wet - if we ever get one again.

I know people who are advertising in GR for Tasmanian land who are not young, have disabilities, live, while here, a very sedentary life inside the unit. Chopping wood, mowing acres, feeding animals, and riding horses would be way beyond them, especially if they became flood-bound, as one can, even just out of Ravenshoe. I've seen water up to the knees of a horse, where people are building today, flat on the ground. Yet bores can run dry and pumps have to be primed. Then, if the creeks are not running, one needs a horse, a sled and 44 gallon (200 lt) drums to bring water from the creek, either with a bucket or a pump (if it will work after sitting in the shed for months). If the creek is dry, one takes the drums and truck to town, if one has a truck. Otherwise you need to buy the water and hire the truck. Water is the spark of life to animals, people and the land we love. It can also be as bad as fire. No! Living on the land is for the young, or those who have access to the conveniences we tend to take for granted today: reticulated water, power and light, roads, cars.

Often in flats I find that people leave one specific part immaculate and things like bedding and curtains filthy, cobwebs and dust fly out of them, yet the floors can be sparkling. It's odd! Tenants who move out in the middle of the night nearly always leave food in the fridge where it becomes a stinking mess. One woman lived in a large flat and, apparently, as one room got dirty she moved to the next room and so on, until she decided to move out. What a mess to clean up I often have!

In one way the Bond Authority is good for landlords. Maybe in cities there are landlords who take advantage of people, but in the country I doubt that landlords would be so foolish, for everyone knows them in a small town.

We soon learn about the city folk who come up here to perhaps 'hide out for a bit'. They stand out like sore toes among the regular citizens, as many of them try to take advantage of what they consider to be the uneducated hillbillies up here.

They don't stay very long. There are, of course, some really genuine very welcome newcomers too, but somehow one does not think of them as newcomers at all, they fit in so well.

We live in a country which is the driest in the world, and yet each year, even drought ones, we let millions of litres go to waste and don't conserve more than a tank or two full. We dig coal and oil out of the ground to pollute our air and yet let all the rainfall waste? Why? Even if it's not used for any specific purpose, the climate changes for the better and plants, weeds and animals flourish wherever water is. We only have to observe the areas surrounding dams on farms to realise that, especially morning and afternoon when the animals and birds come down to drink. Has anyone ever invented liners for farm dams to save the seepage that occurs? If not, why not? Would the cost be prohibitive?

We are praying for rain and our creeks and rivers have stopped this year which is almost unheard of. Dams have gone dry, cattle have been bogged and died. Dingoes are bad, preying on calves as their mothers get weaker and weaker. It's a horrible year in Paradise, just back of Cairns, high in the rainforest area too. Oh well, *it's one day nearer to rain.*

One time when my son was small the river was flooded and for three months we could not get out. The 11 kilometres to the river would bog a horse, and did. The vegie garden was rotten with water. Now, out where my son lives, the garden just does not grow as the bore water is too salty, and the rain tanks run out most years.

The Paradise of our dreams has a large and nasty serpent in it, it seems.



If you don't know what's wrong with this picture

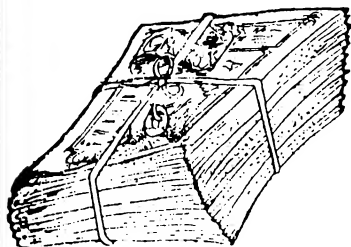
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GRASS ROOTS



CRAFT & LIFESTYLE MAGAZINE

Reading Between the Lines . . .



Welcome to the first edition of Grass Roots. We hope you will find each issue not only interesting, but stimulating and packed with alternatives.

Today everyone is looking for an alternative to the life that big business forces on us. More people are concerned about the chemicals they consume with their food and the pollution all around them. You don't have to bow to the dragging monotony of set hours, set jobs, set transport and set wages. Throw your clocks away – the time for change has come.

If you want fresh vegetables you have to grow them yourself. To get bread with any flavour you have to bake it yourself. To get a quality jumper you have to spin and knit it yourself.

You have to do these things to survive.

This magazine will show you how.

When we first moved out of the city there was no-one to show the way and help us through our many mistakes. The result was days and nights in the library, enquiring about what services were available, where these sources were and what information they provided.

Grass Roots is also a co-operative magazine, through it people who are doing can help those who want to start.

It's the only complete subsistence course in Australia.

So if you're living in the country tell us what you're doing to survive and how you're doing it. People need the facts to get going. Then if you're having trouble with anything – if your grass doesn't grow, or your bread won't rise – we may be able to help.

If you're in the city you don't have to shift house to break free, you can achieve that now. (It's really a mental thing anyway.) Make a start. There's an old Chinese proverb that says a thousand mile journey begins with a single step. 'Take that step this week.'

You may even toss in your job and start making candles, leather bags or jewellery for a living.

Whatever it is we're all in together so don't forget to drop us a line and let us know how you're making out.

Peace To You All,
David and Megg

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Edited by David and Megg Miller, PO Box 764, Shepparton, Vic. 3630.

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Getting back to the Soil

By Gerry McKeown

Imagine asking two good friends over for tea. They haven't been around for a while and there's plenty to talk about before tea. Finally you sit down ready for the serious task of the meal, with appetites sharpened and taste buds poised.

Then, POW, four huge plates of vegetables hit the table and a smile flickers across the little woman's face. Your eyes glisten and your guests commence their meal with poker faces.



Within seconds you can hear the half-choked sounds of 'Gee these peas are sweet'. 'What a crisp lettuce' and finally 'I used to hate cabbage but its great raw'.

With a nonchalant air you begin to tell them how you started the garden out the back. There were only weeds there anyway and you might as well use every patch of sunshine available. That was a few weeks ago and you know you couldn't communicate that feeling of satisfaction you get from turning the soil and planting the seed and eventually reaping the harvest.

Anyway wasn't that partly why you asked them over for tea?

You could tell them how you borrowed the 'old man's' spade (some people use hoes, rakes and water-

ing cans but yours was the basic approach).

Turning the soil was hard work initially but you soon get into the rhythm of it. In fact gardening put you into the ecosystem, into nature. You become aware of clouds, frosts, the sun's heat and how many points of rain we had in that last downpour. (Installing that rain gauge was a cinch.)

It was odd that you hadn't ever noticed all those insects and bugs before you started to get down on your knees to pull weeds. You learn't more than how to grow a spud or pumpkin when gardening.

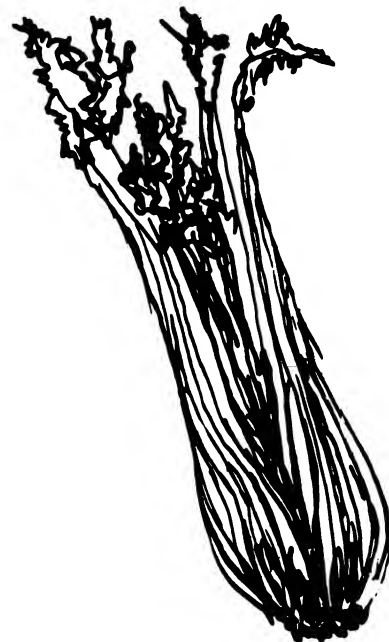
Hair roots were an example. Whoever thought plants would have so many and that they were only one cell thick. That's why you need such fine crumbly soil for their penetration.



And who was it said you should start by turning the soil to let the roots of the weeds dry in the sun? It worked anyway. After that breaking up the soil was easy and there was enough information on the back of the seed packet to get started. The man next door thought the main thing was to keep your seedlings well watered. But that was common sense—they were obviously fragile.

The compost heap had been a great idea, too, there must be tons of potential compost wrapped up in newspaper and placed in rubbish bins every day. All you needed to re-

cycle this 'waste' was a small spot set aside for the heap. Some people used boxes but an open heap was easy to turn and water. Anyway it probably let in more oxygen so the bacteria could breathe better and multiply quicker. If the heap generated too much heat then you just poured on more water. (Was it 150°F maximum?)



Hey! We might be able to get this character to start a garden of his own. Autumn is the right time for lettuce, carrots, spinach and turnips. He could even build a seed box and sow onions, cabbage and caulis. The lettuces would benefit from a protected childhood too and he might even plan the whole thing beforehand. (You know what Virgos are like!)

'Er, Pete, how about . . .'

Vic Greenaway, Potter

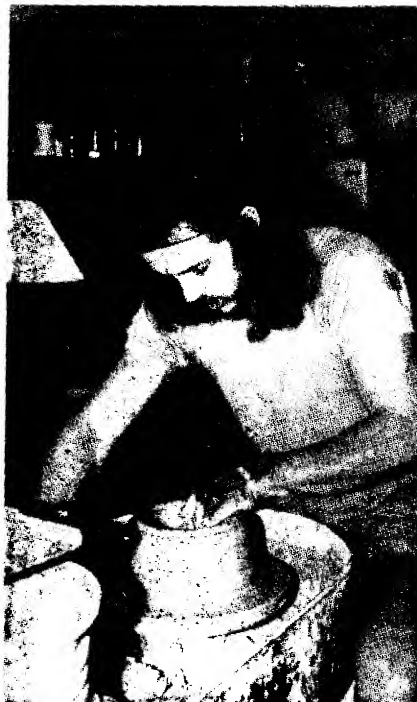
Vic. Greenaway loves simple shapes — a sphere owes its beauty to its simple geometry — and he welds these forms into organic pottery with balance and precision.

I found Vic. in his studio, grumpy because a firing hadn't turned out the way he would have liked. The glazing was all wrong and he would have to carry out further testing of glazes and positioning of pots in the kiln.

But this potter won't cut corners. It's either O.K. or not, and if you have to spend time investigating



Kneading the clay.



The Pot takes shape.

any aspect of the craft then it must be done thoroughly.

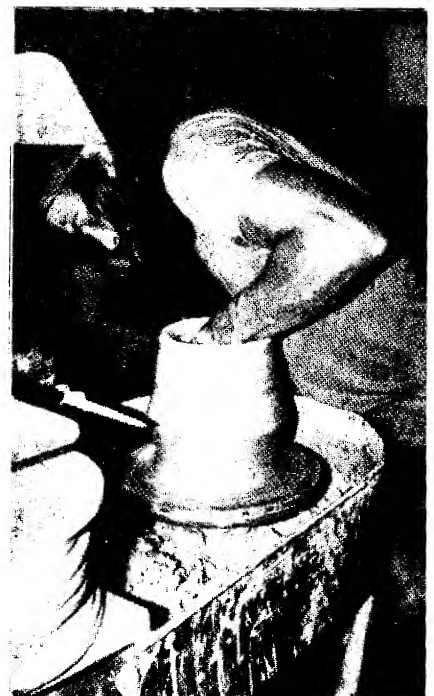
He showed me a shelf full of trial firings with vegetable ash used as a glaze and recalled a time when two successive kilns full of pots were ruined because of their local clay content. This red clay caused shivering — a condition, arising when the pot in cooling contracts more than the glaze causing the glaze to flake off. This disaster was only solved by a complete investigation and reformulation of the clay mixture that Vic. processes himself

in a small plant. Here the clay is mixed, sieved and filtered.

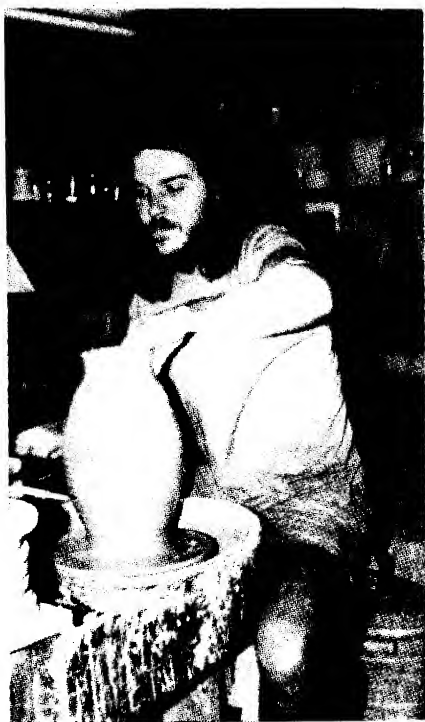
Vic. never works unless he feels the urge. He can pursue other interests without forcing himself into a nine to five claustrophobic routine in his studio. In fact he works best from 3pm to 10pm and can usually be found at his craft seven days a week.

But he also likes relaxing with his guitar or piano, and there's plenty to do on the small property he shares with Ian Sprague at Upper Beaconsfield, Victoria.

A love of symmetry is expressed in the three kilns Vic. has built on



Vic Greenaway, Potter



the property. Building has always been a keen interest — his next project being a bluestone studio.

It's not difficult to see why Vic did not pursue his career in education after gaining a Diploma of Art. Lack of freedom in the syllabus and a reluctance by the system to admit students working after hours forced Vic. to drop out of the 'race to the top'.

However, he feels that although his Diploma didn't qualify him as a studio potter, it did provide a valuable grounding in the philosophy of art, together with experience in

painting and sketching. 'It places you in contact with fellow artists.'

Vic feels an artist can only build his reputation by aiming for the highest quality and offering only this to the public. He thinks Australians are becoming more aware and discerning in their choice of pottery.

'You should also be progressive'. Vic has been experimenting for some time with transparent acrylics which give a similar effect to glass.



Vic's work is varied and widely sought.

However they are easier to handle and don't involve the complicated equipment and technique required in the use of glass itself.

Vic Greenaway is truly an artist whose life is in his hands.



The Kiln after firing.

to cure a cold

'Take a bottle of rum to bed. Set a lighted candle at the end of the bed then drink enough rum to see three lighted candles. Blow the middle one out and in the morning you will wake with nothing more than a slight headache.'

Spinning with a Spindle

By Pam Sinclair

I can never just sit down and start something new — it seems almost immoral, as though I'm disinterested or don't want to understand how it came to be.

When I first learnt to spin on a spindle several years ago, I just couldn't grasp it. The thread broke, all my wool spun into a heavy ball and to cap it off the spindle repeatedly swung off in the opposite direction. Finally I put it aside for later — whenever that would be.

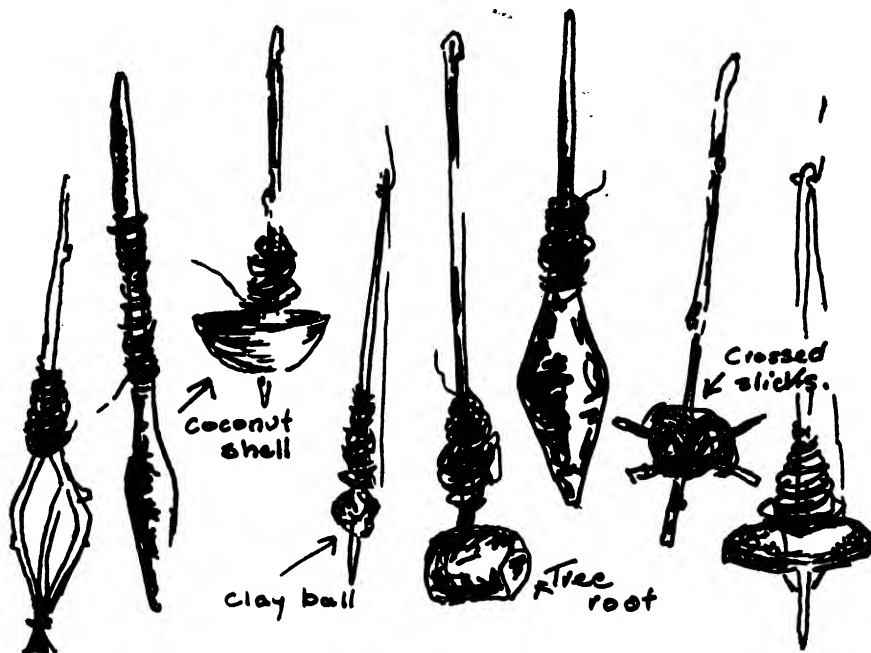
Then I came across some costume books and became involved in primitive man's search for thread. When I had finished reading, it all seemed a natural logical evolution — something that I just couldn't wait to experience.

I tried spinning by rubbing wool between my hand and thigh. I used an apple with a branch through it, later with crossed sticks and then, joy oh joy, my spindle. It was successful! I now have a spinning wheel but somehow continually find myself going back to the spindle.

The spinning evolution is primitively exciting. Because man used skins for clothing, his first experience with weaving was confined to interlacing branches, reeds, vines and grasses together to form wind breaks, mats and later huts and fences.

Spinning followed later — thousands of years later — and probably came about from man's observation of nature. From vines, leaves and long grasses man graduated to using the hairy fibres of sheep and goats — and even his own hair which could be twisted and curled.

Man's earliest effort was to twist fibres with the fingers or between hand and thigh.



Various Types of Spindles.

Spinners found a stick helpful for winding up the yarn and a split at one end prevented it from unwinding while the next length was being twisted.

Later they realised that when the stick was set spinning it would revolve for some time, while fibres could simultaneously be drawn from

a fleece. Then a clay weight or stone was attached to the wood to help it spin more evenly and for a longer time. This suspended type of spindle (there were many variations) was the most efficient for spinning until the invention of the mechanical spinning wheel, centuries later.

Today people spin with a spindle because it is inexpensive and easy to make and use. (A friend used to use a skewer and a potato.)

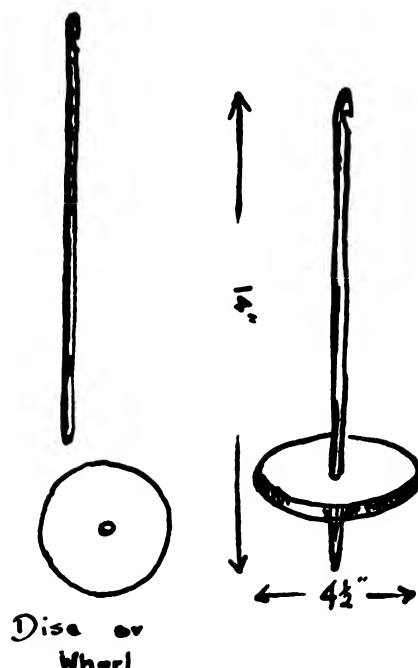
The spindle consists of a vertical rod about twelve inches long, pointed at the bottom and with a crochet type hook at the top. A wooden disc is used as a weight, about three inches above the point.

However you can try an apple or potato on a twig, or a piece of dowel or a knitting needle if you like. They are all effective.

Retaining the natural grease in the wool makes for easier manipulation and less breaks in the yarn.

Many people comb or card the wool but all I do is open or tease out the fibres with my fingers. Take a handful of wool in the left hand using your right to draw away a few fibres at a time. Don't be haphazard though, teased wool should be light and fluffy but still have some semblance of order.

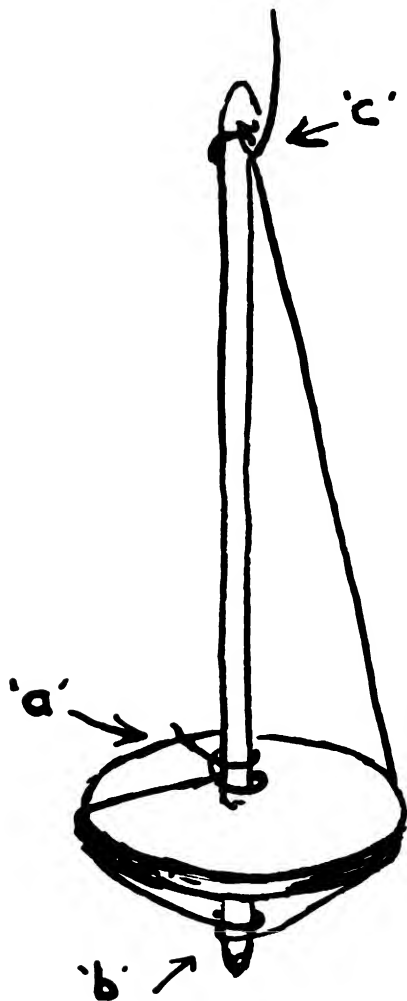
To thread the spindle you'll need thirty inches of yarn (wool or string). Tie one end around the shaft in a



A Spindle is simply made.

Spinning with a Spindle

double hitch (as in a). Take the other end over the side of the disc around the shaft once in a hitch (b) then up to the shaft top. Then catch the wool in the notch with a half hitch (c).



Threading up.

To start spinning fray the end of the yarn, then lay a piece of teased wool on it. Hold the join with your left hand and set the spindle spinning. The fibre immediately twists between your finger and thumb. Relax your hold a little and let the twist run up and catch more loose unspun wool.

I usually hold the teased wool in my left hand and use the right hand to draw down fibres for the thread. (You can control the thickness at the same time.)

When the yarn becomes too long, wind first around your left finger (to prevent a tangle), undo the thread-



Where the action is.



ing, and then wind it into the spindle just above the disc. Leave enough to re-thread and keep spinning. It often helps to lean the spindle against something whenever you stop operating.

You can skein your wool around a book or legs of a chair, then tie it in three or four places before washing it. Much of the dust and dirt are released by soaking the skeins for a couple of hours before washing.

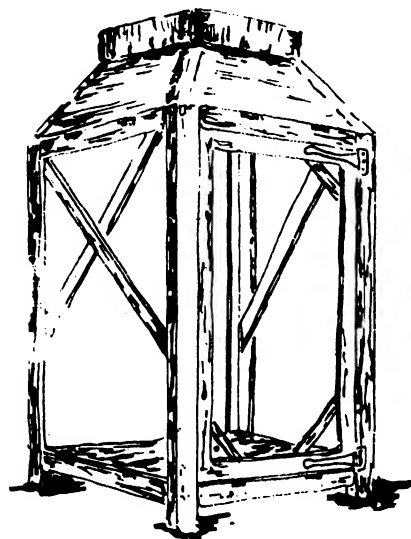
I usually use lukewarm water and wool detergent (soap prevents wool from dyeing evenly). Squeeze the skeins, rinse and dry in the sun.

You can now use your yarn or keep it for later plying or dyeing.

THE COOLGARDIE SAFE

'In my batching days I would leave at seven in the morning and go up the paddock to work. I would have to fill up the water tray before I left and come lunchtime it would have evaporated. But that was in the wheat country and it was hot. You have to have it standing in a breeze and it'll keep your butter cool, but not hard like in fridges these days. A lot of people could use a Coolgardie for their butter . . . I could even set a jelly in mine overnight.'

The principle of the Coolgardie is the same as that of the canvas waterbag. Water is kept at a lower



The Coolgardie Safe — without hessian.

temperature because of evaporation on the bag's surface. A Coolgardie safe consists of a wooden frame-work with a tray on the top and bottom. The sides are of hessian or flannel which is dipped in the top tray like a lamp wick. When water is poured into this tray it seeps down to the bottom, evaporating as it goes and keeping the contents of the safe cool.

ARE YOU BUYING A SPINNING WHEEL?



Another wheel in the making.

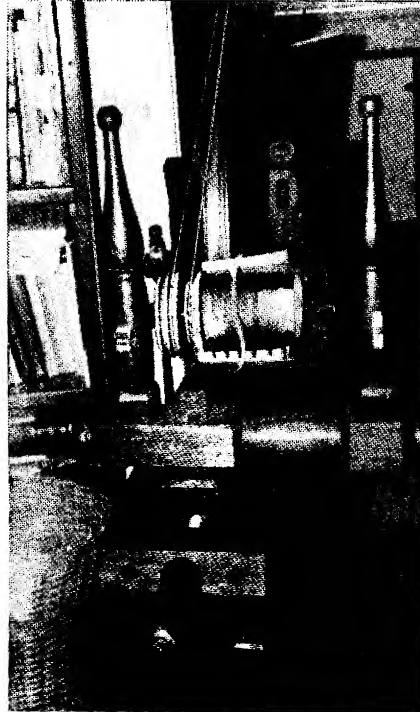
When Mr Eric Spring decided to make his first spinning wheel all he had as a plan was a photo. But Mr Spring is a craftsman, one of the old school that have been driven out by mechanisation and mass production. He made that wheel without a lathe, and there's not a nail, bolt or screw in its construction. Everything fits perfectly and it can be knocked into its component parts with a mallet in a few minutes.

We thought Mr Spring would be qualified to tell us what to look for when buying a wheel and when we saw the products of his workmanship we were convinced.

Here's what he said:—

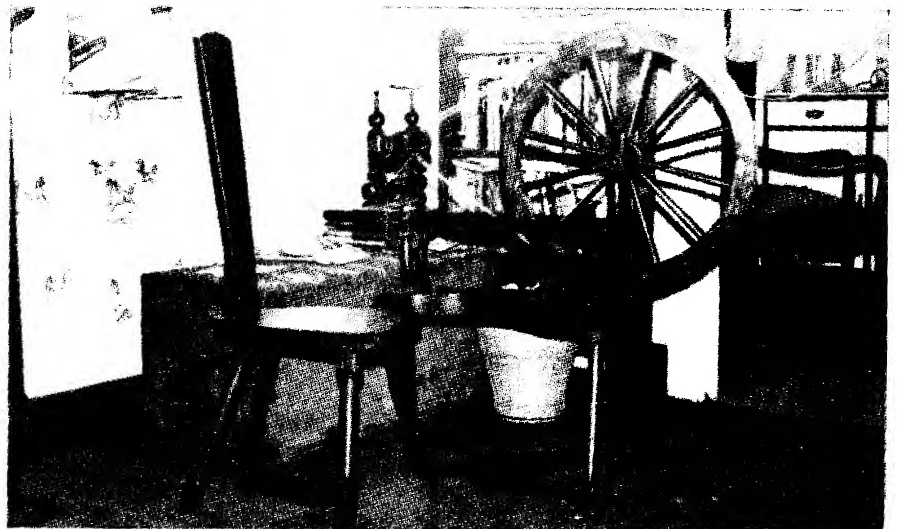
1. There are two basic types of spinning wheels, the upright and the horizontal. The upright occupies less floor space and it is compact and easy to transport. However it usually has a small wheel which means you either spin slowly or treadle furiously.
2. The horizontal can have either a sloping table or a level table — the only advantage being that if the table is level you can rest things on it.

3. There are also two types of drive: the single drive uses a small brake on the bobbin, often called a Scotch brake. This is usually very delicate and in most cases needs constant attention.
4. The double drive is easy to adjust and smoother running. When placing the band on a double drive wheel, make sure



The 'mother-of-all' must fit snugly into the table.

- the upper stand of the bottom part of the drive runs from the bobbin to the wheel, and not from the flyer to the wheel.
5. A larger wheel means treadling is slower and easier but transport is often difficult, so be sure you can take the wheel out easily. Treadling should be effortless and relaxing.
6. Check that the orifice diameter is large enough to carry the yarn thickness you desire to spin.
7. All parts of the spinning wheel should be made from well seasoned stable timber. A stable timber that is thoroughly seasoned won't twist or warp and will not expand or contract with changes in humidity. Some of these timbers are Tasmanian Blackwood, Tasmanian Myrtle, West Australian Jarrah, Queensland Walnut and Queensland Blackbean.
8. There should be no movement where the mother-of-all fits into the table . . . Any movement will lead to misalignment and the drive will keep slipping off.
9. The number of spokes in a wheel is not so important as long as the correct timber is used, but a smaller axle in the wheel will wear the shaft down quicker.
10. Whatever you do, don't go for a wheel that is too low, you usually need a low seat whereby you end up spinning with your knees under your chin.



Workmanship.

THE SEED BOX

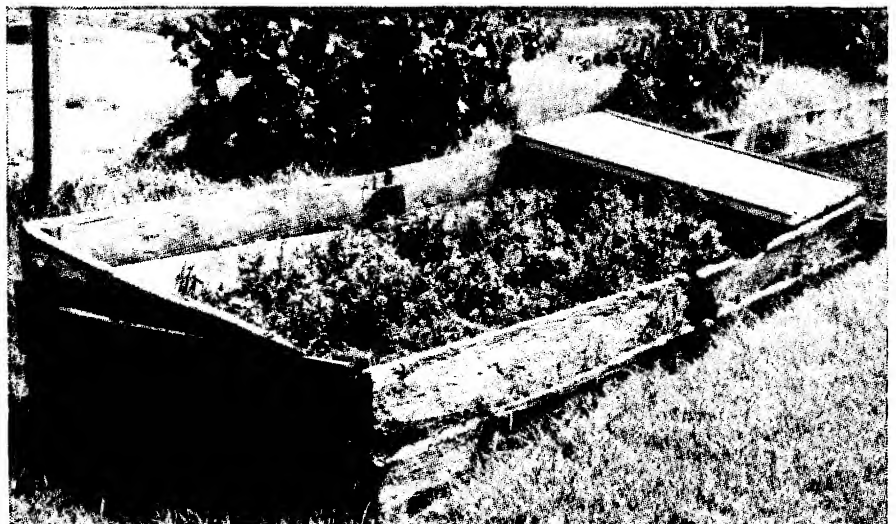
A seed box is used for growing plants from seed and giving the young seedlings protection until they are strong enough to be planted in the garden. Protecting young plants always gives them a better start.

The box can be built out of any old wood. Site it facing the morning sun and dig out a few inches of soil to be replaced with fresh compost. The compost provides warmth be-

cause it is decaying. Over this spread some light fine soil that gives easy root penetration.

A frame, covered with clear plastic or glass, is often used to guard against extremes in the weather.

If you set up a seed box now you can sow onions, cauliflowers, lettuces and cabbages. It's wise to use a variety which suits your district.



building with natural materials

By Steven Power

There's something uniquely basic in building your own shelter from natural timber, mud or stone. Many people are not in the position of being able to do this nowadays, because of the lack of skill, building regulations and the five day week.

I am interested in building this way and although I haven't put up my own shelter yet, I am gradually building up a knowledge of early Australian building styles and techniques so that when the time comes I will only need the materials.

Even then a knowledge of the use of the particular material helps. If I build a log cabin do I need straight logs fitted neatly together or crooked ones that can be chinked with mud? Then what type of mud should I use? Do I take the bark off the logs and how snugly do the corners fit?

These problems always confront the builder who tears into the job and then suddenly finds half-way that he doesn't know enough. The result is either a draughty structure

which leans in every breeze or an exasperated builder who eventually gets 'cheezed off', because he has to keep walking off the job to search for more information.

I gather information in a practical way. If I'm driving around the country and a likely looking structure comes into view I stop, take a few photos and try to understand how the builder went about his job. This is not usually too difficult because the buildings are simple and straight forward and if they're nearly falling down you can clearly follow the process.

Farms are the best places to find simple dwellings. One hundred years ago farmers would have had to clear the land before sowing crops or pasture and the transport of building materials would be costly. They took the only alternative available — make do with what you have.

This is possibly why these old building methods fascinate me. Today we just ring up or drive to the nearest shop to satisfy our needs. We live in a 'turned-on'

world. If you can get it today it can be delivered in a week. We don't get the chance to develop the ability to turn everyday 'waste' into useful articles.

The pioneers had no choice. When you see a building examine the size of the boards to see how they were cut. Some people can even work out if they were hand sawn.

The nails are interesting and can often be dated by their shape. Scraping mud walls will show the composition of the original mixture and whether any straw was used as a binder. The mortar is also of a different composition and deserves attention. The roof shows how shingles (wooden tiles) were made and fitted to provide a watertight layer. The basic framework is also of interest because it must be strong enough to support the whole structure.

Don't be misled by external appearance. Take this shed as an example. I first saw it nestling insignificantly beneath a spreading peppercorn tree. The house initially held my interest and I casually wandered over to inspect the shed afterwards. What a surprise. Beneath the wood, the walls were eighteen inches of thick mud finished off with a couple of coats of whitewash. The shingle roof had been expertly concealed beneath galvanised iron and not a board was missing. The outside wood must have been cut with a cross cut saw — logs sawn in half with a round post at each corner and in the door frame.

The only deterioration evident was a quarter inch wide crack which travelled the seven feet height of the rammed earth wall. Some shingles looked weather



Building with natural materials



beaten but there was no sign of rot anywhere.

Another approach to building can be found in the log cabin style. These photos show how the logs are cut and laid onto each other. These sheds are on an old winery and are at least 100 years old. It's easy to see the benefit of long eaves. There were no eaves on the first shed resulting in water damage to the logs.

Also they weren't chinked with mud but chosen for straightness which gave a firm fit.

The second shed was well protected with large overhanging eaves. Not only did this prolong the life of the logs but the mud hasn't been washed away. In fact this is the oldest section of the winery.

These are just a few ideas you may use if you're getting out of town. I'm tracking down a small log cabin at the moment and if I find it in time you'll see it in the next issue.

Till then keep your eyes open — you might stop at an old house, jump the fence, open the door and there I'll be with my camera.





The Witches' Brew

The Witches' Brew in Mansfield (V.) is an art and craft outlet with an attached restaurant selling country-style food.

Opened nine months ago by Elenor King, Sue Langford and Kay Ritchie, the shop has become very popular with the local people and passers-by.

They began with the idea of helping their husbands through the wool crisis and at the same time providing the local people with an outlet for their craft.

A further aim was to help promote wool through bringing to the people the idea of home-spinning and weaving.

And around Mansfield there certainly seemed to be a need for such an outlet — 70% of the craft in their small, but well stocked shop, is produced locally by about twenty-five people.

The craft on display is of a very high standard, and the wide range includes pottery, mobiles, lambs-wool car-seat covers, sheepskin coats, tanned hides, paintings and woven rugs.

The imported work includes cast iron ornaments from Wagga Wagga and candles from King's School, Parramatta.

The shop opens seven days a week and the restaurant serves quick snacks or larger meals. Home made soup and home made bread are highlights of the menu but you can also demolish cheesecake, egg and bacon pie, scones and jam, and all at reasonable prices.

This shop is a popular stop-over in the skiing season and would also interest craftspeople looking for an outlet for their work. The girls are quite willing to receive samples for sale in a pleasant country atmosphere.

Write to The Witches' Brew, Mansfield.

HOW TO MAKE . . .

Home Style Ginger Beer



One kerosene tin (4 gallons) cold rain water. Boil 3 hours with $\frac{1}{4}$ lb of stick ginger (bruised) and put into a muslin bag. As the water boils away keep on filling up to the top where the handle goes through. Then take off the fire and add 3 lb of sugar, 5 teaspoons of cream of tartar, and 3 of tartaric acid. Stir until sugar dissolves and cover with a clean cloth. At night stir in one cup of good, home made yeast and cover with a clean cloth. Strain through muslin into a big jug and pour into bottles. Cork and tie down (makes 25 bottles). Put two raisins in each bottle or else boil a handful of corn in it from the start and it will never be cloudy. Takes 3-7 days to come up.

The Plant

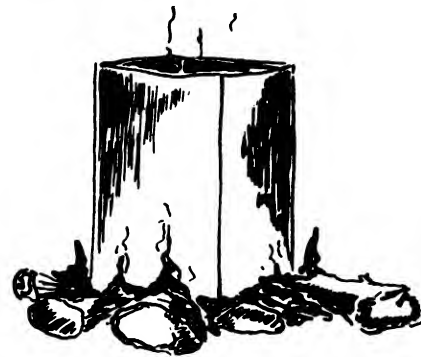
1 pint water.
2 teaspoons of sugar.
2 teaspoons of ginger.
juice of 1 lemon.
pulp of 1 lemon.
6 sultanas.
pinch of yeast or a dash of beer.

Feed plant daily with 1 teaspoon ginger and 1 teaspoon sugar for a week to ten days.

Then tip plant into a bag with a container underneath, squeeze dry, add half of plant to bottle with 2 cups water and feed as before.

Then in a large container with the ginger plant juice add 4 cups of sugar, 4 cups of boiling water, stir well, add juice of lemon, strained, and 22 cups cold water. Bottle and cork, ready for use after 4 days.

Quick Method:



Take a kerosene tin of rainwater . . .

1 gallon water.
 $1\frac{1}{2}$ ozs bruised whole ginger.
1 sliced lemon.
 $\frac{3}{4}$ lb sugar.

Boil for one hour and when almost cold add a piece of compressed yeast the size of a pea (or a pinch of dehydrated yeast). Stand for twelve hours, strain and bottle. It is ready in twenty-four hours.

We tried this method and made four bottles but on a very hot day three of them burst. We suggest you keep them in a very cool place to slow down the fermentation.

Get some flavour into that Bread

A while back, we were sitting in the kitchen at home, Meg had bought some 'wholemeal hot bread' to compare with our home ground variety (we use a coffee grinder). But it was like chewing a mouthful of gelatine — no flavour at all. Somebody said it was a poor excuse for eating butter and honey. There must be a conspiracy afoot to keep bread flavourless so we can be sold jam and junk to slap on it.

We bake our own bread to ?? what goes into it. It has flavour and texture that can't be found in any shop and is higher in protein, minerals and vitamins. It never seems to go stale either (perhaps it never lasts long enough!).

The gluten (the protein part of flour) and the yeast are responsible for bread structure. Gluten is like elastic which is stretched by bubbles of carbon dioxide formed when the yeast ferments.

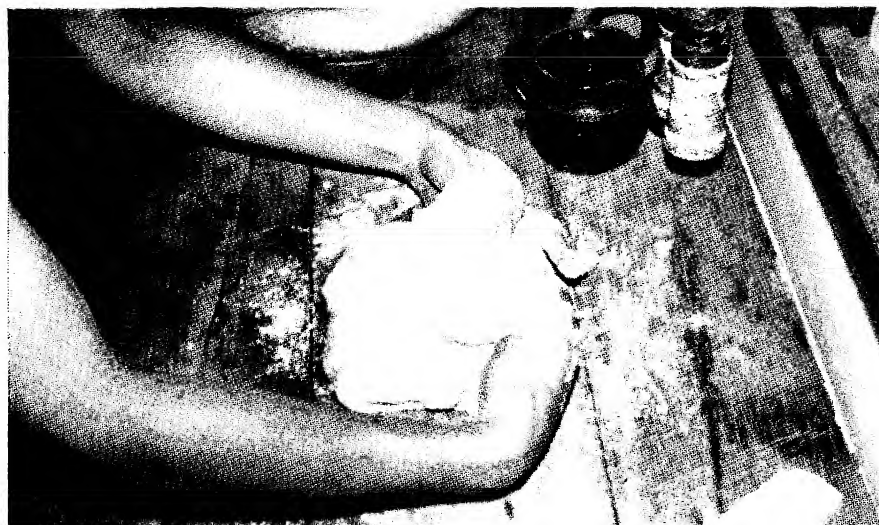
When the gluten has stretched enough we bake it and prevent it from returning to its original shape.

Baking your own bread is not difficult, but like all things worth starting, it requires experience. Meg wasn't successful until her third loaf. The first one was a flop because the recipe required beating the mixture 300 times and she collapsed at 150.

However experience bears its fruits. The following is our basic recipe which is altered occasionally to give different flavours. Have a go at it and let us know the results. We'll have some variations next month.



Press the dough with the heels of the hands.



Fold in half, then . . .

Get some flavour into that Bread

Basic Bread Recipe (double for 2 loaves).

1 lb plain wholemeal flour.
1 teaspoon salt.
1 teaspoon honey.
½ oz. fresh compressed yeast (or
¼ oz of dehydrated).
1 oz gluten flour.
Water (we use goat's milk).
Poppy or sesame seeds.



The dough rises.

Then:

1. Sift flour and salt into a large bowl.
2. Mix yeast and honey in a small bowl with half a cup of warm water. Allow to stand for 10-15 minutes — the mixture should have a bubbly froth on top.
3. Grease your bread tin with butter.
4. When yeast is ready pour it into a well in the flour mixture. Add lukewarm liquid to mix into a stiff dough. Turn the dough onto a floured board or table top. Keep

a coating of flour on your hands as you knead. Kneading is finished when the dough's non-sticky, smooth textured and elastic.

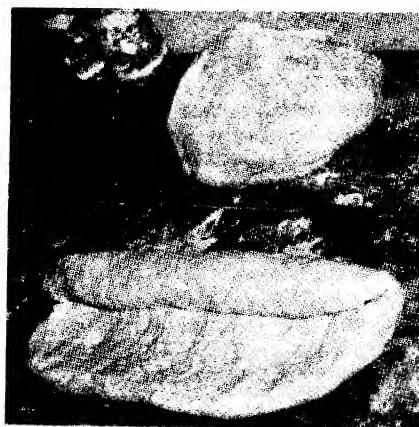
5. Shape the dough and place in the tin.
6. Glaze with milk or water and sprinkle on seeds.
7. Leave in a warm place until it doubles in size (cover it with a cloth to prevent it drying out).
8. Bake in a hot oven — 450°F. for ten minutes then 375°F. for a further 25-30 minutes or until cooked.

Kneading:

Kneading is a method of working the gluten so it can be stretched out thinly by the carbon dioxide bubbles. It also aerates and warms the dough with heat from your hands.

To knead the dough fold it in half towards you (top to bottom) and press it out flat with the heels of your hands. Then turn it sideways to repeat the procedure working it round in a circular fashion.

Keep going — it only takes five to ten minutes.



Shaping the loaf.



The finished product.

Shaping:

To shape the dough prior to placing it in the tin, gently flatten it out into a rectangular shape, moisten the top and roll it up. Place the seam on the bottom.

Blends of flour often give interesting flavours and textures. Try half stoneground with half normal rye or soya flour.

'Sleep with your feet to the south and the head higher than the feet . . . Sound sleep may be obtained by placing with the finger at the back of the tongue, one drop of spirits of camphor, then lie without moving the feet for fifteen minutes, as sleep commences in the feet. Insecticide, sprinkled, is often invaluable for sound sleep.'

Communal Living

People live in communes because of the friendship and community spirit they find there. In a commune there's always someone to talk with, always someone new, and in living with more than one person you evolve a broader outlook and share many more experiences.

I can remember looking forward to tea because everyone would be together and we'd become so involved in discussion that you wouldn't want to leave the table for hours afterwards.

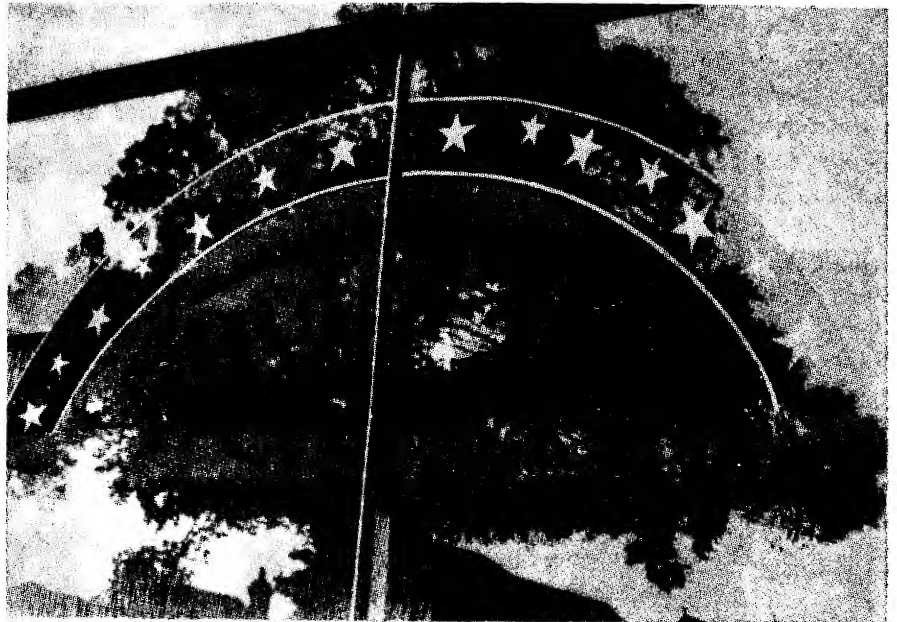
Guests are usually easy to cater for too, because an extra one or two people don't make much difference when there are six or seven already.

Commune people are idealists. They are concerned with the totality of the individual and develop qualities of perception, sensitivity, love and reflection to a high degree! These are usually developed by unselfish listening.

Many young people are attracted to communal living because they're disillusioned by a fragmented life. They can only see the incessant pursuit of materialist goals, the petty competitiveness and the dullness of being part of a system of exact replicas. Everything is churned out with exact sameness.

A commune is certainly a refuge from the dull dreary world. For those working it is a place to recharge their batteries. For those not working it's a place where the emphasis is shifted from time to mental and spiritual growth. A place where the rat race doesn't reach and where you can unwind and just be. Pressure is non-existent and for the first time you have to motivate yourself. There's no boss standing over you and no parents telling you. You have to make your own decisions in your own time. To many people that's something that they have to get used to. Many evolve a new life pattern and most come to realise that the survival of mankind lies in the focusing of our lives on man and not on what he makes.

It's unwise to invoke your own youth as a basis for understanding these people. Never before have



there been so many alternatives. Your future must be decided at High School with little education and no experience. Who knows where they want to work these days? The decision is usually left to the parents who live in a completely different world to their children. You often find people in a commune who have initially taken the wrong step and who are starting again with broader experience and a more meaningful life.

Communal living has many advantages. It relieves the boredom of domestic chores by the sharing of day to day tasks.

Child care is diversified leaving the mother free to enjoy her leisure hours and return refreshed and attentive.

On the other hand children receive more stimulation and develop the ability to cope better.

Economically commerce has a vested interest in decreasing the size of the consumer group. In this way more products (TVs, washing machines, etc.) are sold. A commune increases the size of the consumer group and so fixed expenditure is spread over more people decreasing the cost to the individual.

The bulk buying can lower purchase costs and reduce the need for engagement in meaningless work.

A commune is really a counter system economically as well as spiritually where friendship and support are just down the hall.

Lakeside

Vegies seem to sprout everywhere. My father always grew them, neighbours invariably tried, too, market gardens seemed to be more plentiful and for several years I enjoyed a bird's-eye view of Melbourne's Queen Victoria Market. But none of this prepared me for row after row of fat juicy carrots, parsnips, lettuces, celery, marrows and pumpkins. And onions; 90,000 onions individually planted each year. All laid out like a huge patchwork quilt.



The produce.

These lush vegetables are grown in rich Ballarat soil at the Lakeside Hospital. Eleven acres are used for sowing and growing to feed the hospital's population of 12,000 people.

An effective recycling system has been evolved with garden wastes being fed to the hospital pigs, whose manure is returned to the soil. Horse manure from nearby stables is also used.

Each year seeds are collected from selected vegetables for use the following year — the onions are a particularly good example of this (many were the size of a grapefruit).

Seeds are germinated in small plots and replanted at the seedling stage. Because of the many mouths

to feed, seed plantings are generally staggered, often with different varieties of vegie.

In one corner of the garden several humming hives of bees were working — a happy, healthy sign.

Whenever you are in your garden cursing the luxuriant weed growth spare a thought for the Lakeside people. They once calculated that each year they weeded 140 miles of vegies (there are four miles of carrots alone, weeded thrice yearly) — on their knees!



Onion seed is collected for the year's planting.



This seed produces grapefruit sized onions.

Becoming a Good Shepherd

Many people keep small flocks of white or coloured sheep whose wool they use in spinning, weaving and rug making. If you are interested in starting a small flock here are some of the operations involved in being a good shepherd.

Sheep are usually mated so that they will drop their lambs when the grass is greenest. To achieve this you will have to work out whether you will choose Autumn or Spring and count five months back. It is wise to allow a month for courting so if you want lambs in June you'll have to introduce 'Big Daddy' to the girls sometime in January and give him a rest in March.

Look after Mum in the later stages of pregnancy, too, because she has to feed the growing little lamb in her tummy as well as keep her health up to scratch.

Some people feed oats in the last month of pregnancy to keep their ewes happy. This is a good practice but don't give them a truckload all

at once — a little each day prevents any digestive upsets.

If you forget to take your sire away from his girls you may have lambs at any time of the year and if Mum gets into trouble lambing disaster may result. Don't forget to look after the girls when they're due. They don't expect a surgeon beside you in the ute and an oxygen cylinder and mask in the back, but a little help is sometimes needed. If you look over your flock every day when they're lambing you may actually see a lamb being born and share the joy of a new life in the world.

If its a black lamb you will have reason enough to crack that bottle of champagne you were given at Christmas.

Look for orphan lambs, too. Not all mums are as good as yours and their offspring might need a new home with a bottle of warm milk. Try to find mum and take her home, too. Sheep are not difficult to milk



We sell our rams to people who are interested in starting black flocks.

Becoming a Good Shepherd

and it will be the best you've ever tasted.

When your lambs are a week old give them a 'five-in-one' injection (available at your Stock and Station Agent) to guard against the clostridial diseases, one of which is tetanus.

Plonk a rubber ring over your lamb's tail about one inch or so from his body. The tail was once used as a storage of fat (see our fat-tailed sheep) but now it only gets soiled with manure and attracts flies.

A month later the kids will need a booster injection — then you will be free from any major disease problems.

Shearing usually takes place in the Spring so be sure you have your wool-packs ready. If in doubt ask your shearer what he needs — he'll be a friendly bloke.

If you have any Merinos you may choose to shear them every eighteen months to make the fine wool easier to spin. You get your soft-n-cuddly woollens for the kids much quicker that way.

Try your hand at shearing if you have the opportunity — you will have a greater respect for shearers afterwards — their job is the art of sheep control. You now know where those bulging arm muscles come from.

If your girls lose their clothes in Spring to prepare them for Summer sun bathing you may have to crutch them just before Autumn. Sheep are prone to blow-fly strike which occurs when dung and urine collect on the wool and the flies (curse them) lay their eggs in this smelly dung pie. The maggots then burrow into the skin and you lose your sheep through blood poisoning.

So beware! A 'struck sheep' usually has a dark patch on his rump if he's white but with black sheep you have a problem. Look for mothers trying to bite their tails or just the odd sheep lying puffed out under a tree, away from the flock.

They don't only get struck on the rear end, either, but also on the body, head, in wounds or around the pizzle. (Not many places left are there?)

What is crutching?

Your shearer can crutch your sheep for you by shearing away the wool over the inside of their back legs (i.e. the crutch). This prevents the build-up of fly food in the wool and keeps the area dry.

If you have a long summer you may have to give your girls some 'meals on wheels'. The next door farmer can tell you how much hay you'll need and if you give him a hand sometime he might pay you in bales of hay.

Ask him if he has any trouble with worms or fluke, your girls may pick these up on the grass they eat, and the little beggars complete part of their life cycle inside the sheep eating tissues and blood. That, however, can be prevented or cured depending at what stage you discover it.

How do I get my sheep?

Well, before you go falling for the first pair of sparkling eyes and soft udder that comes your way, don't forget about footrot. This occurs in high rainfall areas where bacteria enter the soft hooves of sheep grazing in the wet. Their feet become infected and the hoof eventually falls off if it's not treated.

When you see someone's girls limping or 'carrying' one leg you can say to yourself 'Uh Huh!' Don't get too close though because a footrotty sheep in the advanced stages will bowl you over with the pong.

Now how do we find out a sheep's age? Sheep have front teeth only on their bottom jaw (cows and goats, too). At 12-18 months of age a sheep's front eight incisors are small. Then at about eighteen months its two front teeth appear and grow larger than the rest. At two years another two appear one on either side of the first two.

Similarly at three and then four years of age when the sheep has her full set (8 in the front). After that the old girl just wears 'em out and they get broken and loose. (Called 'broken mouth'.)

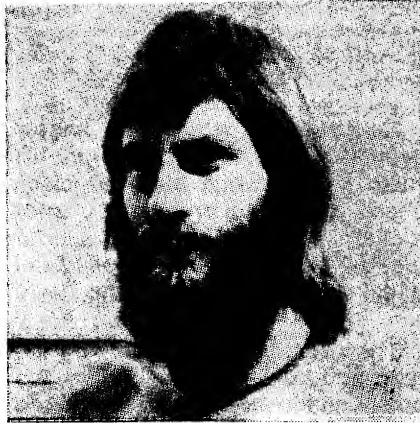
A farmer usually waves goodbye to his girls with broken mouths as they go to Homebush or Newmarket.

So you can buy your sheep in the nearest saleyards if you want to but remember, you can't see if they're limping or how old they are, if you don't look beforehand.

Also at any auction the farmers are the sheep experts and the auctioneers are the people experts. If you are new to the trade the man with the hammer will know before anyone else. Don't let him use that knowledge — so buy your sheep from a local farmer. You'll probably end up with a friend for life, an adviser and a helper as well as the sheep. You may even get a few old girls with broken mouths for next to nothing.

If you do, look after them, and they will repay your kindness and tender loving care with bouncy bundles of wool.

20th CENTURY NOMADS



JOHN & SUE



Sue passed me a delicious bean salad with crisp green lettuce and tomatoes that melted in the mouth. 'Do you realise we have been living in that tent for ten months now?' Her eyes twinkled as she looked at John who remarked that it took half an hour to pack up and get going in their green Moke.

This bronze New Zealander and his wife have been travelling around Australia for two years, working and seeing. 'We've learnt more than we ever could in a classroom.'

20th Century Nomads

In 1971 they arrived at Brisbane and John found a job as a builder's labourer. He had been a foreman for a company making concrete tanks so he knew the value of hard work. Later he found he was being underpaid so changed to a bricklayer's labourer, which brought them a V.W. Beetle. Meantime Sue had been working as a ledger machinist/typist.

They then went for a short trip and on returning found the Brisbane employment situation had tightened. After much searching, only cleaning jobs seemed available, so John found himself working in a twenty-four storey building, with two fire escapes.

'Each night I had to start at the top of the fire escapes and walk down twenty-four floors backwards with a feather duster, going over each stair and leaving it spotless to keep the eagle-eyed supervisor happy' said John grinning. 'The job wasn't that bad though, because we only worked from 5.30pm to 9pm and spent all day on the beach.'

Since then they have been to Adelaide and Sydney and through Victoria picking apples, pears, apricots, plums and grapes.

They found sultana grape picking in Mildura was the worst job (13 bucks for an eleven hour day picking together) while pear picking was the best (\$24 for eight hours).

John and Sue study life styles. They aim to work in Australia for a while and then travel through Asia and Europe because 'you can learn something from everyone that can be applied to your own life'.

Travelling and saving have posed unique problems for these two Kiwi's and they have found that a three-man tent provides a portable, comfortable home. The canvas floor keeps out the water, snakes, lizards and cockroaches. However John prefers a treated cotton tent which

he says doesn't rot as quickly as canvas.

For cooking Sue uses a two-ring gas stove and a gas lamp at night. They have no fridge but use a small picnic cooler for their butter and vegetables.

Being vegetarians they have no meat storage problems. Vegetarianism was purely a practical decision at first because of meat storage and its high price. As a bricklayer's labourer John quickly learnt that he didn't need meat to do a full day's work (although everyone was **sure** he did). This new food style also banished his migraines which he thinks were due to the high fat content of meat dishes.

This year Sue dried apricots that she will pack away in plastic bags for winter use. She placed the halves, curved side downwards, in the sun and collected them when they were elastic (they slowly return to their original shape when you bend them). Bananas, peas, apples and grapes can all be preserved this way.

John and Sue are disturbed at the difficulty in buying really fresh vegetables and fruit. Their only solution is to eventually buy land and grow their own. In the meantime they shop in the large markets where food's usually fresh and where, if you arrive at the right time (like 11.55am on Saturday), you can pick up perishable items at half price.

The Outlay:

Mini Moke	\$950.00
	(secondhand)
Tent	80.00
Gaslight	24.00
Stove	44.00

The Budget:

Food	\$7.00
Petrol	2.00
(per week when not travelling)	
Camp site	7.00
Gas	.40



The portable home — a place for everything.

What do you know about HONEY?

Honey is a sweet viscous fluid produced by bees from nectar obtained mainly from flowers. After it has been transported to the hive in the honey stomach, it is ripened and stored in the comb for food.

The colour of honey varies depending on the plant source and the temperature. A higher temperature darkens honey and the colour can vary from nearly black to colourless. The flavour also varies widely and darker honeys usually have a more pronounced taste.

Honey is mainly carbohydrate being 95-99% sugar. 75% of this sugar is in a very basic form making it easily absorbed into the bloodstream.

Enzymes are complex proteins that bring about chemical changes in the body. These may arise from the bee, pollen, nectar or even yeasts and micro-organisms, and the most prominent ones in honey are added by the bee in the con-

version process and remain in the honey to be absorbed by the body.

Because honey is so high in carbohydrate other constituents are present in quite small amounts. There are eighteen different organic acids present which affect the flavour and are responsible for honey's stability in the presence of micro-organisms . . .

Bacteria can't live in honey because honey absorbs moisture from anything it contacts. Thus the bacteria die from dehydration. It has been found that Typhoid bacteria can only live up to 48 hours in honey and no disease bacteria can live longer than five days.

Only 0.8% of protein is present which can react with the carbohydrate to produce a darker colour, especially if the honey is heated.

In the past, nutritionists paid little attention to minerals in the golden fluid as they appeared insignificant in quantity. Today we know that the body requires only small amounts of minerals (and trace elements) to maintain equilibrium.

In honey the proportion of these minerals is the same as required by the body. The important minerals like copper, manganese and iron seem to be present in larger quantities in naturally dark honeys. Iron is especially important in the blood pigment haemoglobin which carries oxygen to the cells via the bloodstream.

Honey is also not a rich source of vitamins. In other words we can't rely on it to supply extra amounts of vitamins in diets low in these factors. However B and C vitamins can be found which means that when honey is consumed we don't have to rely on other foods in the diet to supply all the vitamins required.

What happens when you heat



honey? The colour darkens and a caramel or burnt flavour arises. Heat also lowers the enzyme, protein and vitamin content.

It's only in recent years that the medical fraternity have recognised honey's importance. It is a quickly assimilated sugar, invaluable to babies, older people and those with a retarded digestion. Honey also aids the retention of calcium and magnesium in infants.

Honey is used when increased performance of the heart is expected, in cases of hypertension and circulatory disorder and in cases of damaged liver tissue and feverish diseases.

Honey improves the performance of athletes and those engaged in manual work, and has been used in folk medicine cures for years.

A honey hand cream may be made by mixing the white of one egg, a teaspoon of glycerine and an ounce of honey with sufficient barley flour to make a paste.

For a bronchial cough mix equal parts of honey and lemon juice for immediate relief.

An irritated throat may be soothed by taking two tablespoons each of honey and glycerine, one of lemon juice and a dash of ginger. Keep the mixture warm and use a little as needed. A teaspoon of warmed



version of nectar to honey. In this process the enzymes aid the breaking down of compound sugars (sucrose) to simple sugars (levulose and dextrose). However these enzymes are not used up in the

What do you know about HONEY?



honey often will stop a cough and is especially effective at night.

An ancient treatment — honey is dripped into a badly torn or dirty wound without washing or disinfecting it. When the bandage is removed 24 hours later, all the dirt from the wound will be found on the dressing and the wound looks clean, free of dirt and ready to be stitched together if necessary. Wounds treated with honey will more readily be covered with a new skin.

Honey is a great remedy in relieving irritation caused by skin disease and jaundice.

Did you know that of 200 people 100 years or older in Russia before the first World War, 150 were bee-keepers.

Honey keeps indefinitely. When a 5,000 year old Egyptian tomb was unearthed a jar of honey in perfect condition was discovered.

The 'candying' of honey is a sign of purity and all honeys candy in time. To liquefy, place the container in a large bowl of warm water — not warmer than the hand can bear — until all crystals have melted.

Honey is a natural food produced by natural means. The instinct of bees and their natural aptitude for chemistry is one of the great mysteries of nature. In their honey they produce a food which fills practically every gap, in our own nutrition, since the chemical mixture is in those proportions most suitable to our own body.



'Perfect health requires four hours a day in the open air, and generally eight hours sleep, and to wash all over every day, that the skin may breathe freely and also cast out impurities from the blood. Flannel, especially over the bowels is of great value.'

'The general want in summer of some refreshing drink is widely known . . . and here let it be remarked that no more injurious custom obtains than that of eating or drinking iced preparations; the sudden check to the stomach has on more than one occasion caused death.'

RURAL RESEARCH

C.S.I.R.O. Quarterly.

'This magazine brings together the results of CSIRO's research in agriculture and biology; it also discusses the Organisation's work in context with that done in Australian State Departments of Agriculture, universities and other research bodies. Articles relate the research to the solution of practical problems or provide an insight into underlying biological processes'.

Thus runs the self description found on the first page of every Rural Research.

Grass Roots people may not agree with the practical solutions offered by the CSIRO. In many articles dangerous chemicals are freely considered and crop monoculture the accepted norm.

However many Rural Research articles are valuable. Some relate interesting descriptions of fundamental biological processes as well as results of investigations into the nature of our environment, the behaviour of animals and biological control.

For example the December issue has an article on how the planting of pine forests around Mount Gambier has affected the water level of the lake.

Another article shows how rabbits live in communes of eight to ten individuals. Each group has its own warren and its own territory. Members of the commune defend their territory against interlopers and mark the territory with odour producing glands. One such gland is under the chin and dominant males have been found to have larger chin glands. They also use them more often.

Another section discusses copper deficiency in cattle, and another the biological control of lantana in Queensland.

At the conclusion of each article a short list of references is given for further reading.

The magazine may be obtained by writing to:

Rural Research,
P.O. Box 225,
DICKSON.
A.C.T. 2602.

It's Free!

HERBS



THYME:

Thyme is a perennial (it lasts in all seasons) originating in the Mediterranean countries. There are many species useful in herb gardens and rockeries, the most popular being grey garden thyme — a shrubby plant — and lemon scented thyme.

This well-known herb is easy to grow and can be propagated by root division (gently lift the plant out of the ground, break off a few roots and plant them). Another method is to take cuttings and plant them in sand during the winter. When they strike (grow roots) they can be planted in your garden if the weather is not too cold.

A thick foliated plant will soon grow if your cuttings or roots are planted in light, well drained soil and in a sunny position.

Thyme has always been used in cooking and was often hung in the kitchen within easy reach of the cook.

Each variety of thyme has its own perfume and flavour and thyme tea (1 oz dried herb or 3 ozs of fresh to a pint of water — don't use a metal teapot and drink 4 minutes after pouring on the hot water), was used as a remedy for melancholy, giddiness, headache and the 'nightmare'.

Some of the varieties of thyme are:—

Garden Thyme — the most common species has been used in flavourings for centuries. It grows one foot high with pale creamy flowers. This

species is excellent when dried at home and its flavour far surpasses the bought variety.

Lemon Thyme — has a typical thyme flavour but with a lemon scent superimposed on it.

Wild Thyme — is a vigorous creeping plant, very fragrant and covered with bright pink flowers in summer. This species quickly forms a dense mat and is useful in thyme laws and in making a thyme seat. (To make a thyme scented seat, plant some thyme in early spring, and you will find that it very soon grows into a dense, short clump.)

However this herb is mainly used to flavour meat dishes, soup, stuffings and some vegetables—onions, beetroot and mushrooms. The strongest aroma is obtained by using the dried plant.

Now you know all about this popular herb, try it in a meat loaf:

2 lb sausage mince.
1 diced green pepper.
½ cup of kibble wheat.
½ lb chopped bacon.
1 chopped onion.
2 teaspoons dried thyme or
1 teaspoon of fresh.

Place the meat, green peppers, onions and thyme into a bowl and work together with a fork. Mould into a loaf, roll in kibble wheat and bake in a moderate oven for one hour.

You can vary this by adding diced cooked vegetables, whole boiled eggs, or whatever.

Here's how with Herbs

Herbs are plants grown or gathered for use as flavourings in cookery, or just for their fragrance.

Traditionally herbs have been used in the preparation of medicine and the science of botany can be traced back to the old physicians who used to study plants for their curative properties.

Even before then, when people lived a subsistence life, close to nature they often knew by instinct or tradition which plant would be selected to cure each ailment. Even complicated recipes were passed on by word of mouth.

With the passing of time, men have become more specialised and have grown away from the land. Accordingly they have needed other specialists like physicians, herbalists, witches and medicine men to solve their ailments. These specialists have been responsible for keeping the old traditions alive, modifying them and adding new discoveries.

Nowadays, medicine and herbalism are two vastly different fields, which perhaps is unfortunate because if each doctor had a greater knowledge of natural cures he would be able to give more relief to his patients. Similarly herbalists could profit from a greater knowledge of medicine.

It is a pity that so many of us will eat anything in a tin or package without even thinking about its contents or wondering how much nourishment has been destroyed in the processing.

We also take chemical medicines which act quickly, without wondering if there are any herbs which would do just as well.

The herb tradition is also strong in the kitchen. Have you ever wondered if there was some herb which could highlight the flavour and aroma of your favourite recipe? Perhaps there is. We hope you will find it in these pages sometime, and if not drop us a line and we'll find out for you if we can.

HARVESTING HERBS

Most people learn about a new herb from someone else. They may be strolling in a friend's garden and be offered a small branch of Bay leaves or bunch of Fennel. What do you do with them? How are they used? Do they keep? Should they have been picked at this time of the year?

The time to harvest herbs is when they are at their best growth stage. It is important also to harvest the part of the plant that contains the active principle you require. For example it may be useless collecting leaves when they are very young because their flavour will not have developed. You also wouldn't collect the roots when the herb is in flower, because little food is being stored in the roots at that time.

Always try to collect herbs in a tray and not in a bag where they will get crushed and overheated. If material is left in polythene bags overnight it will often have started to decompose by the next day.

As soon as possible after picking, hang the plants in bunches to dry in a warm, airy place.

Another way is to place them on paper in a dark cupboard. Avoid oven drying because much of the flavour is lost in this process.

You will find that your herbs are dry in two to three weeks.

ROOTS

In Autumn the plant stops growing and the part above the ground dies, but the plant is alive and hibernating in the soil. To accomplish this food has to be stored in its roots for winter use. Hence the best time to harvest the plant is in autumn when it has just died off. Don't be a vigorous digger, but gently lift the roots out without bruising or cutting them. Then wash the dirt off, clip the hair roots and leave to drain.

LEAVES

Harvest leaves just before the

flowers open, but, don't take too many at once or the plant will starve. If you wish to use the entire plant take it up and wash the roots before drying.

FLOWERS

These are best gathered when their young blooms are fully open. Older flowers are not as good because they have lost their perfume. Try not to bruise or even touch the petals by cutting the blooms off their stalks into the drying tray.

SEEDS

In collecting seeds, cut off the flowers as the blooms die back, and hang them upside down to dry over a container. Some people tie a bag over their heads and then just hang them up in the usual way.

If you are collecting seeds for planting, take them from perfect plants and store in jars in a cool dark cupboard.

Always try to harvest in the morning when the dew has evaporated and the plants are dry (don't water the plants the day before).

A dry herb has leaves and stems that crackle and snap easily. Petals become dry and papery and roots brittle (not leathery). Leaves should be rubbed off their stalks and seeds can be ground in a coffee grinder, if you have one.

Remember herbs will re-absorb moisture if stored in a damp place, so keep them in airtight jars.

It is best to use herbs straight from the garden when cooking because they're more fragrant. When using dried herbs half a teaspoon gives roughly the equivalent strength of one teaspoonful of the herb freshly chopped. If your dried herb is ground then you use only one third of a teaspoonful.

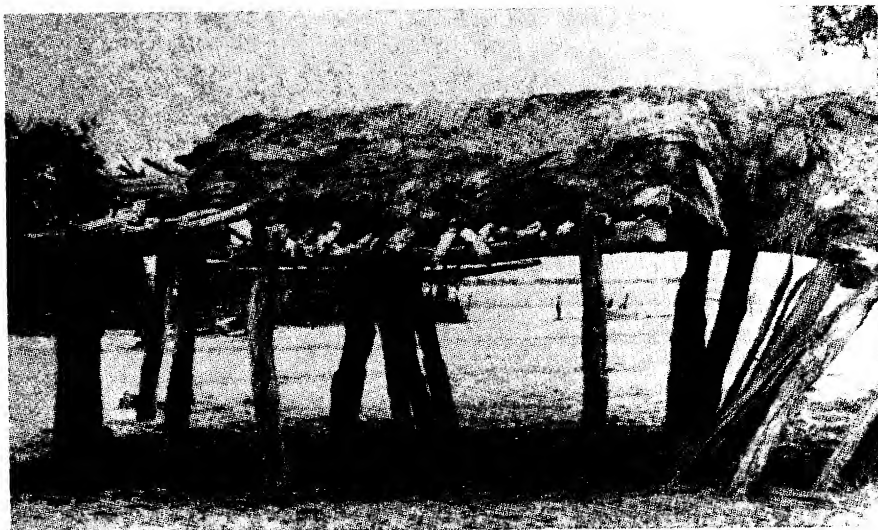
Remember herbs such as Rosemary, Thyme and Sage are more pungent than others and so should be used sparingly. Your herbs should enhance, but not overpower.

Have your own thatched shed

'You can see these sheds on old farms still, although they are often falling down. The posts were usually of box or pine (white ant proof) and were often made with poles that were forked at the top. The rafters were put in place then either branches or wire netting (to keep out sparrows) laid over them. Straw would then be cut and laid up to three feet thick, parallel to the rafters. This was held on by looping baler twine over the straw and down around the branches underneath. After a few years the straw would settle and sink into place'.



This thatching has stayed intact for years.



You can see these old sheds on many farms.



Forked posts support the roof.

The Vegie Corner

Zucchini Yoghurt.

- 4 small zucchini.
- 1 tablespoon chopped fresh mint.
- 2 tablespoons chopped fresh dill.
- $\frac{1}{3}$ cup olive oil.
- 1. Slice zucchini diagonally.
- 2. Place in a pan with oil and herbs and cook until tender.
- 3. Chill and serve with lashings of plain yoghurt.

Sunflower Beans.

- $\frac{1}{2}$ cup sunflower seeds.
- 1 lb green beans.
- 6 tablespoons butter.
- salt and pepper.
- 1. Steam the beans, but don't over-cook.
- 2. Melt butter over low heat in a large frying pan.
- 3. Add sunflower seeds, beans and seasoning. Increase to medium heat and stir until beans are browned, then serve.

Corn Fritters.

- 2 cups cooked corn.
- 2 eggs, separated.
- 3 tablespoons milk or cream.
- 3 tablespoons whole wheat flour.
- $\frac{1}{2}$ teaspoon vanilla.
- $\frac{1}{2}$ cup vegetable oil.
- 1. Beat egg yolks with a pinch of pure sea salt and combine with flour, corn, milk and vanilla, (What about some pepper, spices or herbs to your taste.)
- 2. Whip egg whites until stiff and fold into the mixture.
- 3. Heat oil in a deep frying pan. Use a tablespoon to drop the mixture into the pan, fry on both sides and serve with honey.

Honey Carrots.

- 4 carrots.
- 2 tablespoons of butter.
- 2 tablespoons of honey.
- 1. Slice carrots so they look like thin matchsticks.
- 2. Melt butter in a frying pan, add carrots, cover and cook five minutes.
- 3. Add honey, stir and cover. Cook over a low heat until tender.

Vitamins

Vitamins were only really discovered this century. Before this it was through that a diet of carbohydrates, protein, fat minerals and water was all that was needed to maintain health.

Until 1910 it was thought that all illnesses were caused by microbes and food was cooked for a long time to kill these bacteria. This long cooking of course, destroyed the vitamin content of many foods.

However early records have shown that fruit juices were cures for scurvy (vitamin C) fat for rickets (vitamin D) and fish or meat for beriberi (vitamin B).

There are two classes of vitamins — fat soluble and water soluble. The fat soluble vitamins are A, D, E, and K; water soluble ones are B group and C.

Vitamins are organic compounds required by the body in small amounts for normal growth and health.

VITAMIN C.

This vitamin is called Ascorbic Acid. It prevents scurvy and is important in healing wounds, providing resistance from infection, and in the formation and maintenance of a substance which holds body cells together.

A deficiency in vitamin C may cause slow healing of wounds or cuts, irritability, fatigue or depression, slow growing children, bleeding gums or loose teeth.

The main sources of vitamin C are fresh citrus fruits and leafy vegetables.

Vitamin C also is not as stable as other vitamins. It is destroyed by heat, oxygen, drying and storage; and is rapidly destroyed in alkaline solutions.

Use your fruit and vegetables fresh to get full use of this vitamin. Use unbruised or unchopped vegetables and place them straight into boiling water.

You need vitamin C every day because it can't be stored in the body.

A 10 POINT PLAN FOR A BACK TO NATURE GARDEN



1. Choose varieties that are insect and disease free and which are suited to your climate.
2. Plant and harvest at the correct time and avoid insect damage.
3. Use proper cultivation practices.
4. Plant trees, shrubs and garden plants instead of just one variety. This reduces the possibility of insect outbreak.
5. Reduce the pest population by removing dead or diseased plants.
6. Employ crop rotations to break disease and pest cycles.
7. Destroy insects mechanically or with insect traps.
8. Encourage birds and preying insects like the praying mantis and ladybug.
9. Use non-toxic insect repellents.
10. Use companion planting techniques.

Cooking Vegetables.

1. Use as little water as possible. Vitamin C dissolves in water.
2. Place vegetables in boiling water. Boiling water destroys enzymes that break down vitamin C when the vegetable is cut.
3. Keep pan lid on. Oxygen in the air destroys vitamin C.
4. Cook for shortest possible time. Heat destroys vitamin C.



5. Do not add soda. Soda destroys
6. Serve immediately. vitamin C.

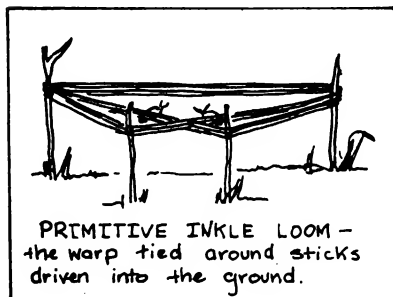


Simple Weaving with an Inkle Loom

Weaving is an art older than spinning. Man in his attempt to weave grasses and rushes soon found the need to stretch one set of strands (the warp) while the other (the weft) were woven under and over.

One early method was to tie the warp stands to a low hanging tree branch and weight each by tying a stone to the end. Later stakes were driven into the ground and the warp wound around these. The weaver then sat beside the loom and used a primitive shuttle.

The North American Indians evolved a modification of this idea to weave braid and bands. An 'Inkle' is a woven band or tape and is not related to the 'inkling of an idea' expression.



In any weaving course inkle weaving plays an important part because the loom can be easily and simply set up and with practice, a length of braid may be woven in a couple of hours.

Inkle weavers always seem to have a knack of evolving exciting colour combinations and simple effective patterns, and younger children often are instantly, successful with this instrument.

An inkle loom is quite easy to make, especially if it is of the traditional Scottish design. The design shown gives a square loom which could be made to any size. It stands on the floor and the pegs can be moved to vary the length of the belt.

To prepare the loom for weaving place pegs A, B, C, D, F and G in their respective positions. Make sure there are some string heddles on peg C. These are made by tying a loop in a piece of string then tying the string to the peg. The loop should be about 6 inches in circumference.

The first warp thread goes from peg A, through the first heddle string on C, (away from the weaver) over B, around D, and under F and G, to A, where it is tied onto itself. The next thread goes straight from A to B, D, F, G back to A, where it is tied onto itself.

The third thread follows the same path as the first except that it goes through the second string heddle.

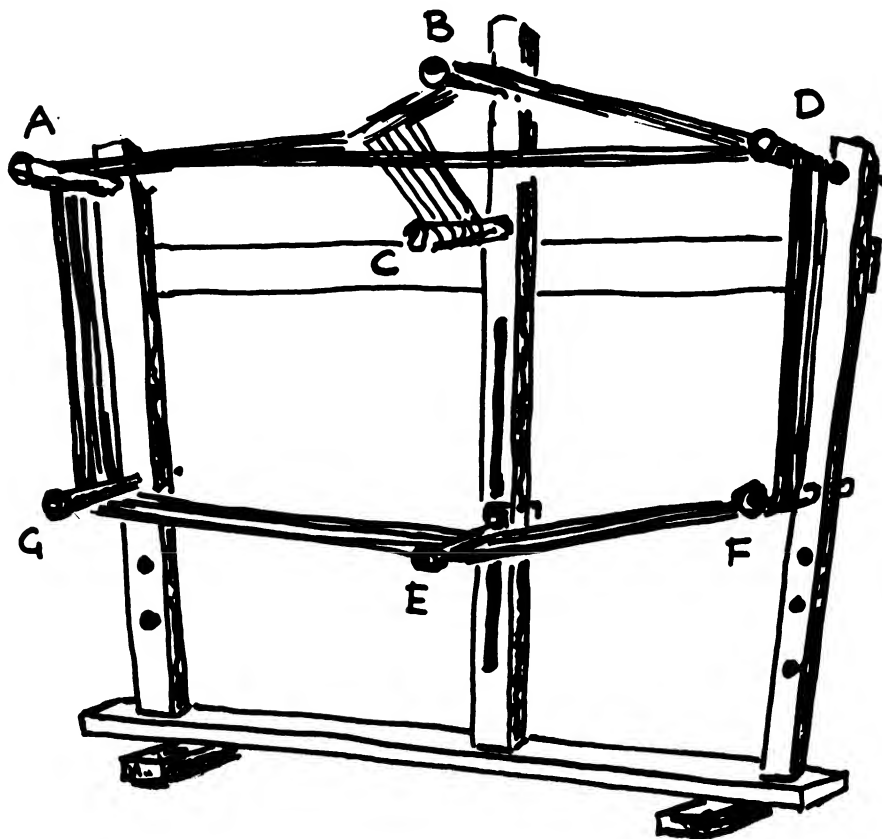
The fourth is the same as the second and so on until sufficient

threads have been warped. Then place peg E into position to provide the tension.

Wind the weft yarn around the shuttle or an oblong piece of cardboard. You will commence weaving between A, and the string heddles. Here the two parts of the warp cross. This is called a shed.

Move vertically the part of the warp between B and D, that doesn't pass through the heddles. Another shed is then formed and you can instantly see how easily the loom works.

Take your shuttle and pass it through the shed from back to front leaving the end of the thread lying in the shed. Lift the horizontal warp, strands between B and D, vertically and pass the shuttle back through the shed. Let the warp strands go and bring the shuttle back.



Simple Weaving with an Inkle Loom

You're now a weaver!

If you make a cardboard shuttle mark the width of the band you want with a ball point pen and check the work from time to time. Weft strands can be packed down evenly with a ruler every time you pass the shuttle through the shed.

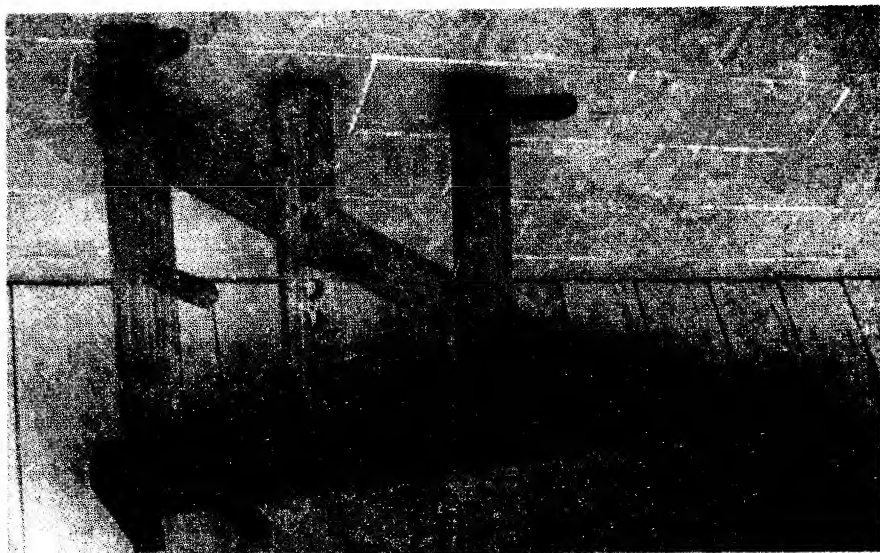
When a few inches of the band have been woven, move the whole thing over the pegs anti-clockwise and continue.

Usually warp threads are much stronger than weft and are manufactured wool or twine. Warp may consist of any wool scraps you have. If you had a try at spindle spinning keep the thick wool and use it on your inkle. You'll be

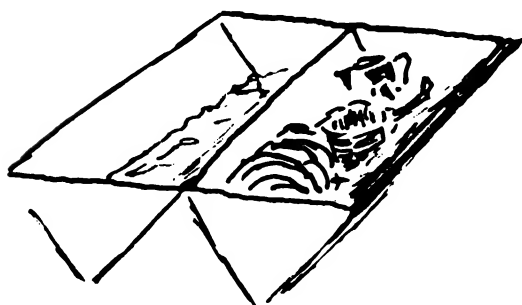
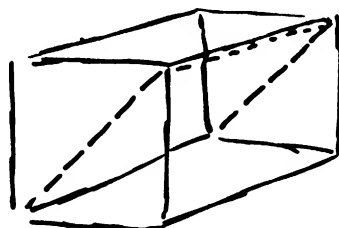
amazed at the result.

When a number of bands have been woven you could then try weaving a tie, or making a bag or mat, by sewing bands together.

The possibilities are endless.



Kero Culture



Kerosene used to come in four gallon rectangular tins. You'd get two in a wooden box — they used to call it a kerosene case.

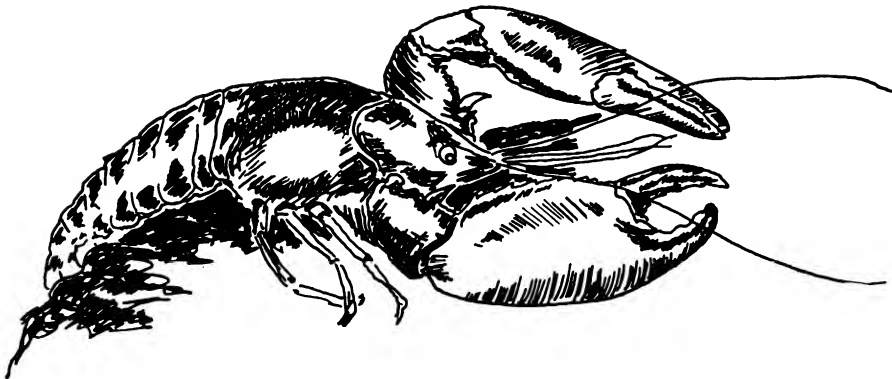
Kerosene tins and cases were used for everything in those days. The cases made rustic stools, and they'd lay three on their sides, throw a piece of chintz over them and that would be a lady's dressing table.

The rectangular tins they'd cut diagonally on each end, and down one side. This would be opened out and left near the tank stand as a wash basin because you wouldn't use much water in it. (It was all tank water then.)

They'd often use one for washing the dishes. You'd fill one side with water for washing and stack the plates in the other to drain.

Then all our buckets were kerosene tins with the tops cut out and wire handles fitted — you needed the tin just as much as you needed the contents.

Grab yourself a free meal



Yabbies abound in most freshwater streams around Australia. This small lobster-like creature is delicious to eat and although the amount of meat obtained is often small, the pleasures of catching and eating them compensate.

Some species grow quite large and are known as freshwater crayfish and some specimens up to eighteen inches long have been caught in the Murray River.

It's easy to discover where the yabby hangs out. Along the banks of dams, channels and creeks small holes point to his residence.

I can remember as a lad catching them by inserting the index finger in the holes waiting for the yabby to nip. The shock of the nip causes the finger to be removed from the hole with amazing rapidity, hopefully with yabby attached.

Several index fingers later I discovered there were easier methods. A piece of meat tied to the end of a four foot length of string and thrown into the water is an enjoyable way to catch them. If the yabbies are there you will quickly know. The string becomes taut and you can begin to draw it in very slowly. Don't jerk too much or the yabby will lose interest.

When you have drawn the meat into the bank you will be able to see the yabby lunging on the bait or lurking nearby.

This is when the vegie strainer or a small net comes in handy. As soon as he is within reach whisk the strainer under him and he's yours.

This method never works well with the 'Murray Monsters' (One we heard of clawed through the strainer).

For these you would need something similar to a lobster pot but scaled down in size depending on the species you are after. The pot is lowered into the water and left overnight when most yabbies eat. Tie some meat to the bottom as bait.

In Western Australia the yabby is known as the 'marin'. Many people catch them at night in the lakes and dams near Perth. These are quite clear and shallow near the shore. Small heaps of chicken pellets are thrown onto the bottom in about ten inches of water and left for about fifteen minutes.

With the aid of a torch the marins can be scooped up in a wire net (similar to those used in hanging

gardens). After another twenty minutes has elapsed the process can be repeated.

Once caught the yabbies can be eaten raw. However there are inherent dangers in this practice (including that of having your tonsils devoured). But yabbies do have germs and it is wise to boil them for about fifteen minutes before eating.

Often people leave them in a bucket of water overnight so they can do their 'jobs' and be quite pure! But you can please yourself on this. You can eat them straight out of the pot or have them cold. You could even devise a freshwater cocktail — similar to a seafood one — using freshwater shellfish and yabbies. Each yabby yields about the same amount of meat as a prawn and is just as delicious. Exotic tartare sauces could also be devised — the possibilities are limitless.

Lastly a note on conservation. Although the yabby is in plentiful supply this may not always be the case. They breed around Autumn and the females can usually be picked by the eggs clustered around the bottom of the tail.

If you catch these, throw them back, along with any small ones.

WOOL — What is it?

Wool fibre is protein. Under the microscope you can see that each fibre has scales, all pointing towards the tip.

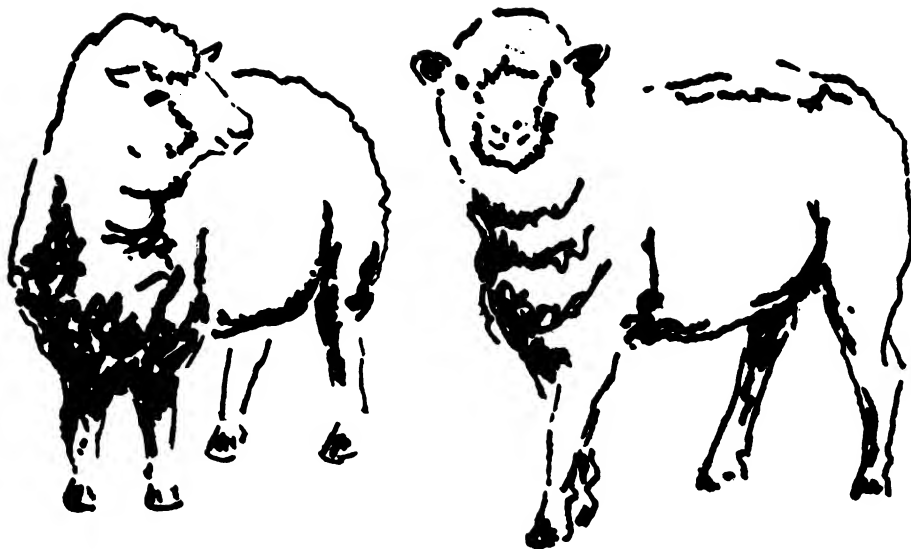
Relatively short fibres will hold together in a long yarn mainly by the twist which provides friction. When the yarn is pulled lengthways the outer fibres are pulled in around those forming the core. This forces them to cling tightly.

Thus primitive man spun by pulling and twisting fibres.

Why Use Fibres?

Well, they're flexible and elastic — wool fibres will spring back if pulled out $\frac{1}{3}$ more than their original length.

Water vapour can easily pass through wool and if it is finely woven it can impede air flow to keep you warm, especially on a windy day.



Long fibres are used to make strong yarn. When selecting a fleece for spinning try to decide the end use of the wool.

For something soft perhaps Merino or fine Polworth would suit whereas a solid long wearing jumper could be of medium cross-bred or Corriedale.

A carpet could be made from Border Leicester or Lincoln. (It's a real experience spinning Lincoln wool.)

Handspinners secretly believe that their wool is better in quality because it hasn't been through all the industrial processes before knitting.

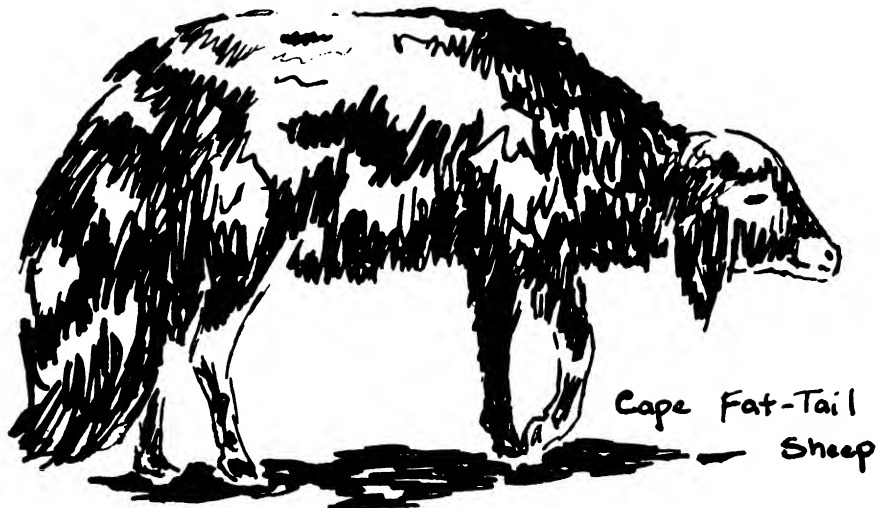
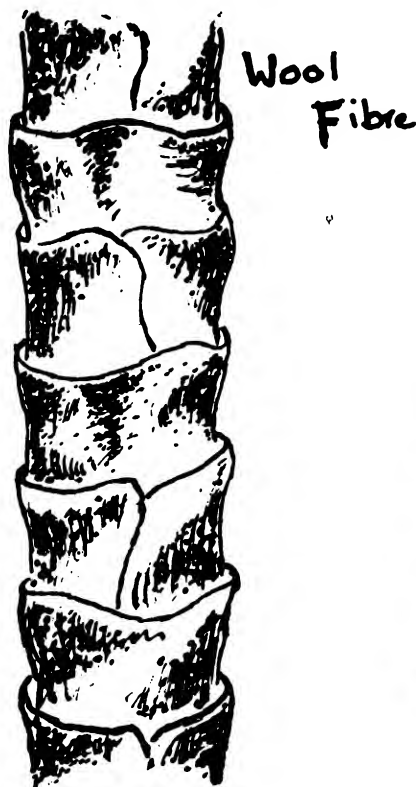
No matter what you buy, see that the wool is the required colour. Some wools are permanently

coloured by the dust which settles on the sheep in the paddock.

Don't buy wool too short to spin. Your first fleece should have a staple length of $2\frac{1}{2}$ " or more and there shouldn't be too many grass seeds or burrs in it.

On the other hand the amount of dirt and grease in wool doesn't really matter. The dirt falls out on washing and the grease is a lubricant for spinning. Your hands will also benefit from the lanolin in the wool grease.

If you live in the country drop in on one of the locals and see if he has any long staple wool from last shearing. Otherwise you could check out your local craft shop and start spinning right away.



One of the Originals.

Facts About Fowls

Green Food

The capitalists keep birds in cages these days. I'm sure birds don't prefer it but many more birds can be kept per shed that way. This saves money on shed building.

However it was shown at least 30 years ago that fowls lay more eggs of better quality when they have access to green feed. In fact the greens which provided A and B vitamins promoted better health, and an increased percentage of chickens were hatched from their eggs.

Green feed is usually fed by keeping fowls on the open range system or by chopping and feeding by hand.

Heat Stress

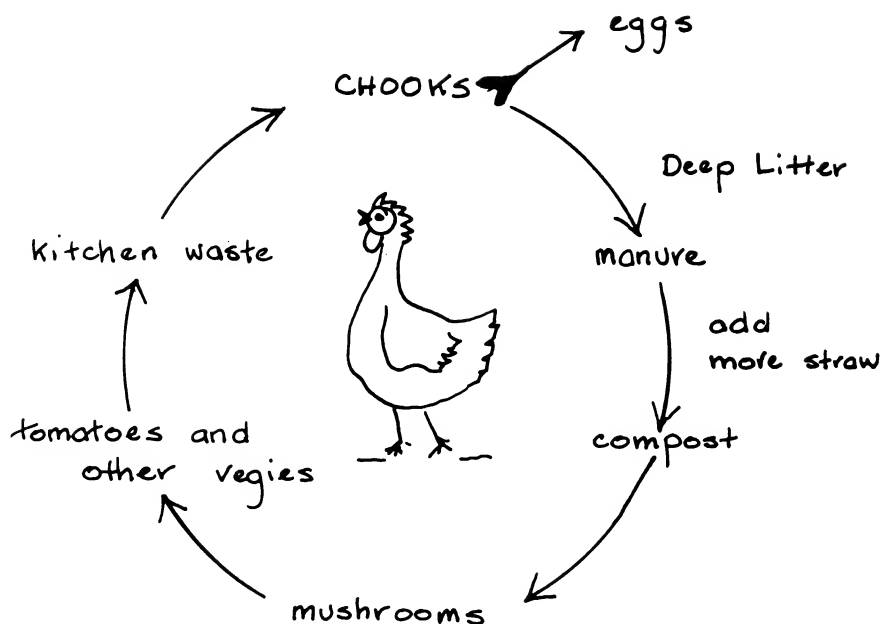
High temperatures severely affect poultry. In hot weather birds should have plenty of ventilation and cool drinking water. Shallow litter enables them to get closer to the cool floor and a fine spray with the hose is usually appreciated.

Often a length of hose may be skewered and placed on the shed roof. The water then trickles down the roof cooling as it goes. This method is quite effective and needs little attention.

Moulting

Chooks can have nervous breakdowns just like you and me. The sign of a nervous breakdown is the start of an out-of-season moult. Hens moult once a year but if subjected to some sort of stress like hot weather or lack of drinking water they start to drop their feathers. They then stop laying until they grow a complete new outfit.

Study moulting hens carefully. The ones that moult feather by feather and keep laying are the birds to breed from. Others drop many feathers at once and need the food to keep warm and grow new quills. No eggs are obtained from these birds.



Caste System

Like all animals and humans, the fowls have their own caste system. The 'chiefs' always get the best food and the best nests. Nothing can be done about this except to make sure the 'indians' have enough room to eat and drink.

In larger sheds there are territorial boundaries which are fairly closely observed.

So plenty of food, water, perch and nest space must be provided. Each ten birds need a twenty four inch long feeder, seven inch drinker and eighty inches of perches (usually of 2 inch by 2 inch hardwood). This prevents confrontations and everyone keeps their tempers.

Feeding

To a certain degree the more a hen eats the more she lays. This means that if you have food in front of the fowls all the time they will be laying the maximum number of eggs. This may have to be modified according to mouse and sparrow infestations.

Fowls on deep litter and not receiving any green feed should be fed pellets. These contain a vitamin and mineral supplement appropriate to the stage of growth of the birds. Don't worry about the vitamins losing their strength, they are coated so they don't come in contact with the air and break down.

If your hens are lucky enough to be able to wander around a grassy paddock all they need are a few handfuls of wheat to boost their protein intake.

GRASS ROOTS GENERAL STORE



Grass Roots is not just a magazine, it's a complete service. Articles in **Grass Roots** are written by experienced people involved in their work. You can ask them questions through the magazine — they're prepared to help in any way possible.

If you'd like to write an article don't hesitate to let us know. We mainly want to learn about craft and growing your own food, because if you're engaged in these activities you can easily become self-sufficient.

When you're writing don't forget that **Grass Roots** means getting down to the basics. We want basic information because that provides the principles for starting the job. Later variation is a product of your creativity and experimentation.

We would also like to help you get that special project under way so we'll probably run a link-up section for people wanting to start communes and cooperatives. There will be a charge of 50c per advertisement.

Grass Roots also accepts advertisements from craft shops. However they must state in their ad. which crafts they are prepared to receive from craftspeople. This way we hope to build up a list of outlets for your particular craft.

Health food shop advertisements will also be accepted, because these are also of a general interest.

The Grass Roots General Store.

The **Grass Roots** General Store, means a lot of work for us but it's a must for country people. You can order anything you need from the store, especially books, and if we can't get it at a reasonable price, we'll let you know a good supplier who may be able to help.

The store is also a craft outlet. Through it craft materials and craft work can be obtained at non-rip-off prices. For example the spindles and inkle looms we're offering are made by a full time wood turner who you'll read about in the next issue.

Here's
what
we have
in the
store
at present:

Spindles: \$1.50

Inkle Looms: \$13.50

Mushroom Spawn: \$1.30

The Whole Earth Catalogue: \$6.50

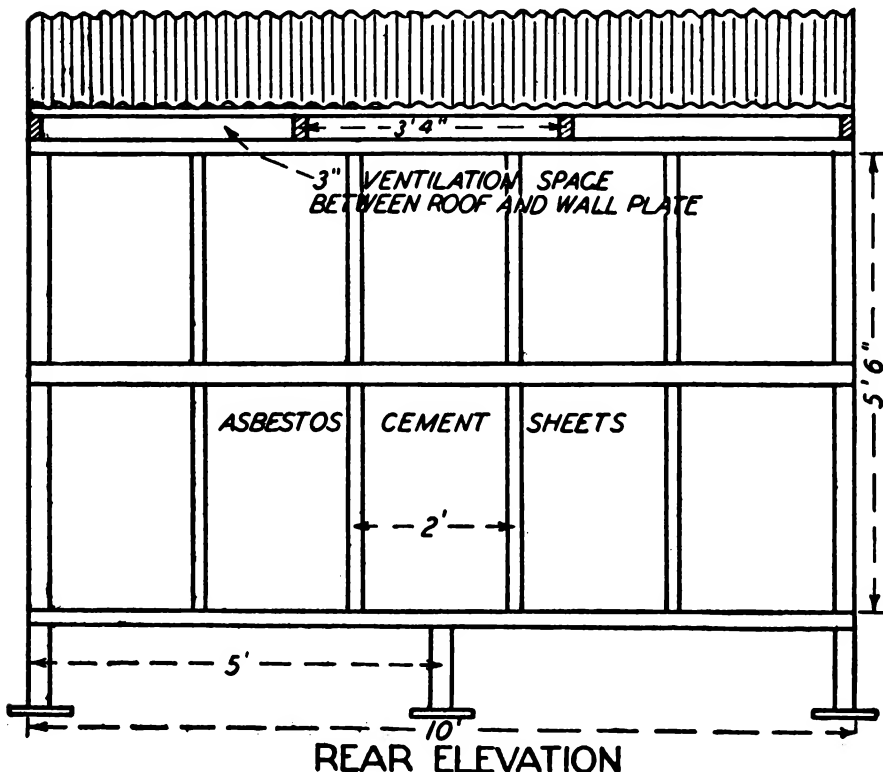
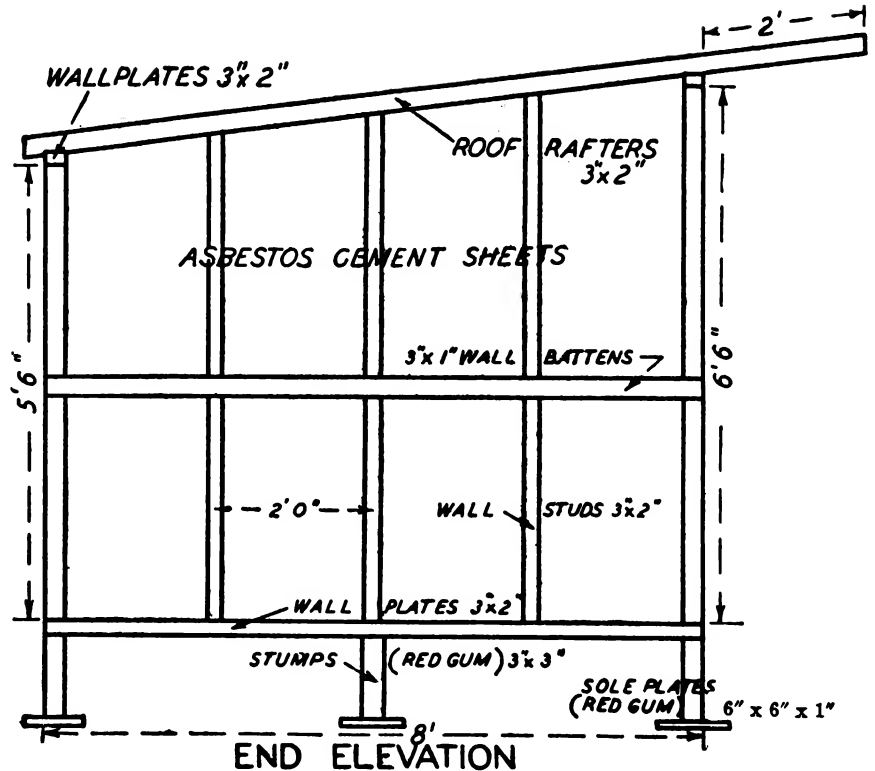
Alternative Pink Pages: \$1.20

A Deep-Litter Shed

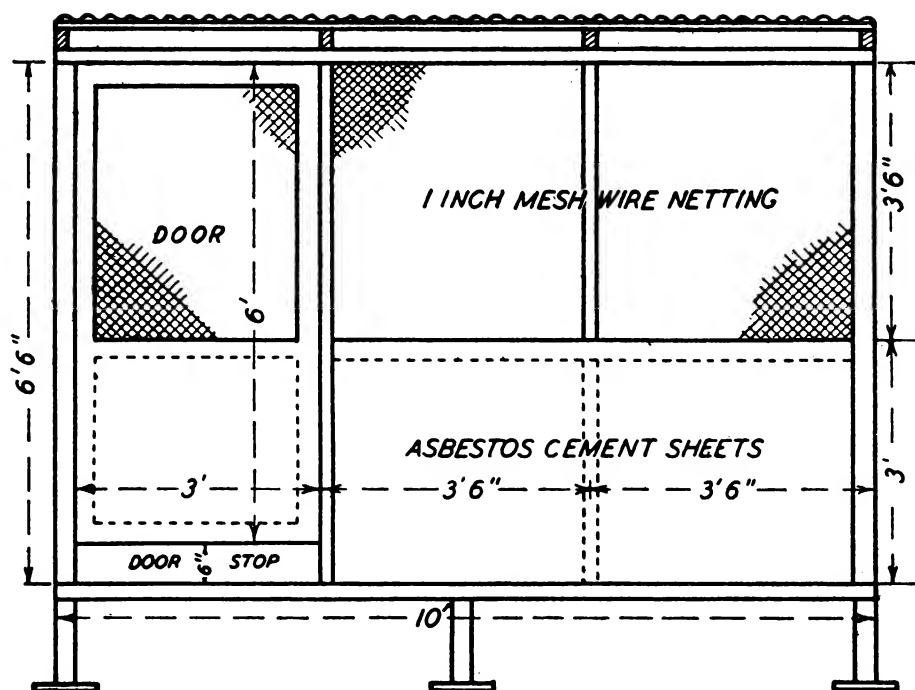
If you wish to keep your fowls on deep litter you need a rainproof windproof shed with a dry floor. It must be well ventilated, too, otherwise the litter gets too damp and clogs up. The chooks must be able to turn the litter over constantly and any puggy lumps should be removed to the compost heap and fresh shavings, dry grass straw or rice hulls used as a replacement.

The shed may be rat-proofed with a concrete or brick floor and wire netting or galvanised iron buried to a depth of eighteen inches around the foundations.

A complete plan for a suitable shed is included as a guide. If secondhand timber is to be used give it a couple of coats of creosote or sump oil to create an unhealthy environment for any lice that may decide to take up residence.

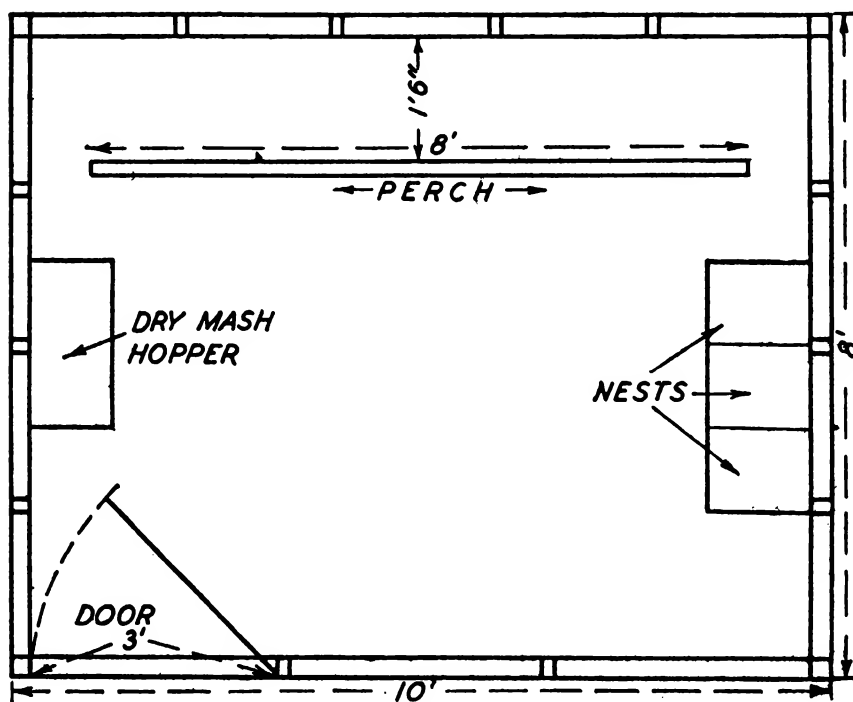


Deep Litter Shed



FRONT ELEVATION

Front elevation of a small poultry shed designed to house a flock of twelve hens.



GROUND PLAN

BOOKS

Alternative Pink Pages.

This is the first edition of a list of alternative information sources, shops, services and groups that is of interest to everyone.

Although it is based on experience gained from living in Sydney it contains information that all alternative people can use. It has sections on communes, legal aid, cheap eating places, cheap car repairs, employment, building materials and so on. If you're living in Sydney you can sure use it. If you're going to Sydney you definitely need it. Even if you're sitting at home wondering what's going on, a quick flip through the pages will prompt you to write to some group or other and ask them what they're into.

We've never been so interested in a book of names and addresses before, probably because there's a comment on everything. You're told what to expect, ('you can't steal from the free store — offers free clothes, furniture, medical and legal services') what the service is like ('service incredibly rude so that I no longer bother going there') and a quick resume of their attitudes ('the word is they are condescending and very, very straight').

We like the honest critical approach and we won't be parting with our copy!

~~~~~

Available from Grass Roots  
General Store.

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The last whole Earth Catalogue.

Access to tools.

The Whole Earth people believe in the 'power of the individual to conduct his own education, find his own inspiration, shape his own environment and share his adventure with whoever is interested'.

The *Grass Roots* philosophy runs side by side with this view and we have pleasure in recommending one of the most comprehensive catalogues available today.

This masterpiece of four hundred and forty-seven huge pages has items listed if they are useful as a tool, relevant to independent education, of high quality or low cost and easily obtainable by mail.

But what is in the catalogue? This is like saying what's in the *Encyclopedia Britannica*. Some of the topics covered are adobes, dome geometry, frontier crafts, free schools, mining, moccasins, Volkswagens, women, works, dutch ovens, livestock, kilns, jewellery, computers, dogs, electronic synthesizers, dyeing . . .

That's right, it's all there. Not only what's available but different sources, different prices, book reviews, free giveaways and all on a suggestion basis. All items in the catalogue are there because of users' suggestions (except for some book reviews).

Want to see a sample?

The Impoverished Students Book of Cookery, Drinkery and House Keepery by J. F. Rosenberg.

'What to do with left-over bread.'

Never throw out any dry left-over bread. Slice it, dip it in a mixture of egg-milk-sugar-vanilla and a dash of salt, fry it in butter and you have 'French Toast'. Cube it, sprinkle melted butter and garlic salt, brown it under the boiler and you have Croutons. Roll or grind it into crumbs, put them in a plastic bag and refrigerate and you'll never have to buy bread crumbs. Or just use it dry as a doorstep.

There's advice on ordering stuff from the *Catalogue* 'Get the cheap tool first, see if it feeds your life'.

The *Whole Earth Catalogue* even gives complete instructions on how to start a whole earth catalogue.

A Bible for the backwoodsman. However, just one problem, mail from the U.S.A. can take up to three months to arrive.

MUSHROOMS

a fungus feast

A complete guide to growing, harvesting and cooking.

When growing mushrooms best results are obtained in a cool, draught free location. It doesn't have to be dark. A shed or cellar is great but you could also try under the house, under the stairs or in the bottom of the cupboard.

You could tier the boxes to save space but leave eight or ten inches between the top of one box and the bottom of the next to facilitate watering and picking.



Compost

Make your compost from horse manure or fowl litter mixed with straw using about two four-gallon drums of manure to the bale.

Mix the manure fresh with the damp straw, in a heap, leave for four to five days and then turn the heap making sure the outside goes into the centre. Turn every four days another three or four times and water during turning to keep the bacteria working.

The manure should now have a rich brown colour with no objectionable odour. The compost shouldn't be too moist and if you squeeze some it shouldn't drip.

Watering is the most critical part of the process. (Too much causes the heap to lose heat). Stable manure may take only two weeks to compost but fowl manure can take up to four.

Place the compost into boxes six or eight inches deep. These can be fruit cases and if they are to be re-used give them a paint with creosote. (Available at hardware stores).

Now for the planting. Break the bottle of spawn onto a piece of paper and crumble it up. Rub it into the compost. The spawn is fresh if it has a mouldy fluffy-looking layer on top. If however, the contents are green or black or there is no mushroom smell the spawn has probably aged and is useless.

Next cover the beds with one and a half inches of peat moss or medium loam soil — (not sand or clay). Don't sieve the soil — its better lumpy. You can get better results using inert soil. This can be prepared by clearing a patch of ground and then burning paper on it.

The soil should be inert because it then won't encourage the spawn to grow up. The spawn then reproduces and spreads through the compost layer. The casing soil really acts as a mulch and is further improved by the addition of lime.

Watering

Mushrooms don't thrive in wet conditions — they die. So keep your beds moist and don't water for the first four weeks if the temperature is above 60°F. If the temperature goes below this don't water for six to eight weeks. From then on the casing material must be maintained for the life of the bed. Don't water so that the water pours through the compost.

Don't forget too much water kills the spawn, dryness only delays its growth.

If your soil dries out quickly place a bag over the box — when the mushrooms grow they are strong enough to push it up.

Harvesting

Pull the mushrooms out, don't cut them, and remove any dead ones and runts. They can be harvested as soon as the veil breaks and

Mushrooms

a fungus feast

even when they open out they're no heavier, the flavour just becomes stronger.

It's better to harvest them all at once (the smaller ones don't get any bigger because their brothers have used the food). Then just water the bed lightly and replace the bag for the next crop.

Mushrooms appear six to twelve weeks after planting, depending on the temperature, and continue to crop for three or four months.

They appear at about pinhead size and reach maturity at five to seven days. The average yield exceeds two pound per square feet.

When no more appear just work the compost into your vegetable beds. Tomatoes thrive on it and your fruit cases are ready for the next rotation.

There is no season for mushrooms — they just grow whenever you supply suitable conditions.

Outdoors

Well they may establish but there's no guarantee. Sometimes they will crop for years giving a few mushies when conditions are favourable.

How do you identify true mushrooms? The most reliable test is when the mushroom is in the button shape before the veil breaks. Break it open and it has a characteristic pink colour and smell.

Commercially, mushrooms are marketed in three grades —

Buttons: don't colour the ingredients so they're used in sauces and soups.

Cups: are used in casseroles and stews.

Flats: have a more pronounced flavour for grilling or frying.

Mushrooms can be stored in the fridge in airtight containers or

simply in a cool cupboard. Try to avoid peeling them because most of the nutrients are in the skin.



Cooking

To grill, heat some butter in a pan, dip the mushroom caps in the hot butter, grill the cap first for two minutes then turn and grill for another two minutes.

To fry, add the mushrooms to hot butter in the pan. Place them cap down and cover for four minutes.

Lemon juice and herbs can also be used.

Here are some recipes, we'll leave the variations to you;

Mushroom Soup

½ lb mushrooms
3 oz butter
1 stick celery
1 medium onion
1½ cups milk
½ cup cream
some wine,
salt and pepper.

Pour a full glass of wine. Melt butter in the pan add finely chopped onion and celery and cook for 5 mins. Remove and add salt, pepper, milk and cream and beat thoroughly. Transfer to a pan and heat gently. If there's any wine left before serving stir it into the soup.

Stuffed Mushrooms

½ lb small mushrooms
2 oz butter
1 clove of garlic
3 shallots
1 dessertspoon chopped parsley
2 tablespoons breadcrumbs
pepper

Prepare mushrooms and fry stems in butter and crushed garlic then add parsley and shallots. Remove and add enough breadcrumbs to mix to a light stuffing. Fill the mushroom caps with the mixture, place in a shallow-dish, pour a teaspoon of oil or melted butter over each and bake in a moderate oven for ten to fifteen minutes.



Spinach and Mushroom Salad

1 lb mushrooms
1 clove garlic
bunch young spinach
¼ cup french dressing
oil or pepper.
2 tablespoons chopped parsley
1 tablespoon lemon juice.

Wash, trim and drain mushrooms, then slice. Rub bowl with garlic then add mushrooms. Moisten with oil and stand for five minutes. Add parsley, lemon juice and pepper, combine and stand ten minutes. In a separate basin tear spinach and toss in french dressing. Add mushrooms and mix lightly before serving.

GUIDE TO MAIL ORDERING

Post and Packing

The prices quoted for books on our order form do not include post and packing, which are an additional cost. To calculate post and packing find the weight of the book/s (this is printed alongside the title on the order form e.g. Going Tropical 300g. Add the weights of all books ordered and then look up the list below for the appropriate cost. Write this in the space marked post and packing, and add to price of book/s to work out the total cost of your order. Allow 3 weeks for delivery.

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	(International money order only)

COMMENCE SUB WITH GR NO:

Books can be ordered by writing clearly on a separate sheet of paper if you don't want to deface your GR magazine.

Subscribers deduct 10% from the total cost of your book order.

SUBSCRIPTION/ORDER FORM

Grass Roots: PO Box 242, Euroa 3666, Australia.

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(Office: Dargalong Rd, Warring)

TROPICAL TOPICS

PIONEERING IN THE DAINTREE

Part II

by Susan Hands, Innisfail, Qld. Illustrations by Howard Hands.

Unlike the majority of people who read *Grass Roots*, when my grandfather left the town for the bush he had no views at all on self-sufficiency being the 'ideal way to live'. All he wanted to do was to make a fortune as quickly as possible. Apparently he had already made and lost what, in his day, was considered a fortune. He made it on growing bananas in the Russell River district and lost it by trying to grow bananas in the Baileys Creek district between 1930 and 1932.

My grandfather was a carpenter by trade and after losing his money he went back to work in the building industry in Cairns. But that was no place to make money in the years of the depression. After a couple of months he hit upon the theory that the land at Cape Tribulation could offer what the land at Baileys Creek could not, easy access to shipping and so to the markets in Cairns. (The fertile plains at Cape Tribulation abutted the beach while those at Baileys Creek were some three to four miles inland.)

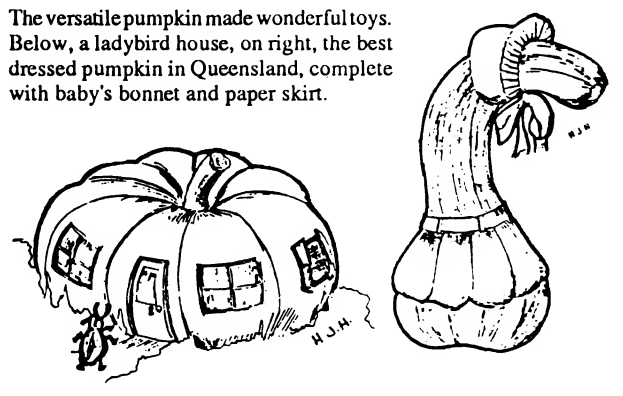
Within a year of the move, the family had growing: sweet potato, pumpkin, corn, tomatoes, cabbage, lettuce, beans, onions, carrots, paw-paw, pineapples, passion-fruit, mulberries and mango. The mango trees were already there, a legacy of the 1880's 'timber getters'. But the first crop planted wasn't any of these, it was the banana suckers they had brought with them from Cairns. After all, the bananas were going to be the making of their fortune.

Initially my grandfather and father set about clearing an acre of land on which to plant the banana suckers. It was heavy work chopping down the native hibiscus, guavas, and lantana (most of it regrowth from the days of the timber get-

ters) and it took them a lot longer than anybody had anticipated. The wet season caught them, with stacks of chopped vegetation and no chance at all of burning off. To keep the suckers alive they were forced to sow the plants amongst the hacked down vegetation. Even today father still expresses surprise as to just how successfully those suckers grew. 'They grew,' he says, 'just like locals'.

But the bananas were a long-term cash crop. Meanwhile the intrepid pioneers were fast running out of both short-term cash and food. So grandfather did what a number of GR people do today. He found part-time work. In his case he went back to Cairns and worked as a builder. Which meant the majority of physical farm work was dumped squarely onto my father's thirteen-year-old shoulders. He was to plant and tend their

The versatile pumpkin made wonderful toys. Below, a ladybird house, on right, the best dressed pumpkin in Queensland, complete with baby's bonnet and paper skirt.



'survival crops', the food to keep the family eating until the money started rolling in from the sale of bananas. Most of the survival crops were planted in an area that lay near to the swamp for watering and near to the house for easy access and keeping a close eye on pests.

The pumpkin was one of the easiest to plant. A pile of sticks and other useless vegetation such as wild raspberry and guavas was heaped together then burnt. The pumpkin seeds were lightly pushed into the blackened soil, and didn't the vine go – Jack's Beanstalk had nothing on a Cape Tribulation pumpkin vine. The pumpkin was one of the easiest of the survival crops to maintain. There were enough insects to pollinate the flowers yet no major ones to sting or eat the fruit. In fact at Cape Tribulation, the chief pest was the wild pig.

The pigs came in at night to root round any soft patches of earth in the hope of finding a tasty worm. In the process they rooted up the newly planted seeds or seedlings. And when the pumpkins themselves were ripe, the pigs weren't averse to a pumpkin or two as a side dish. It quickly became another of father's jobs to shoot the pigs.

The pumpkin is a very versatile food and has helped more than one pioneer to keep the wolf from the door. As children we were not in the league of Dad and Dave having to use charred pumpkin skins to make tea, but we sure ate some pumpkin. Boiled pumpkin, baked pumpkin, pumpkin to thicken stews, pumpkin soup, pumpkin pie, pumpkin cake, pumpkin scones, pumpkin in the dumplings, in the Johnny cakes, in the bubble and squeak. It's a wonder the vine didn't try to repossess us.

We also used pumpkins as toys to play with: the big flat Queensland Blues made great houses for lady-beetles. Cut a piece out of the front for a door, a couple of windows and lots of tunnels inside.

And the bugles – you know, the ones with the right type of curved neck – they were hooked over your shoulder as a baby, to be burped or cuddled or dressed in paper skirts and old babies' bonnets.

GR BACK COPIES ONLY \$3 EACH
(December-January only)
Send for a back copies list now!

THE SELF-SUFFICIENT SEXAGENARIAN

by Peter Carr, Rosebank, NSW.

The question has been posed, 'Can those well into the sere and yellow still contribute mightily to their own support?' The answer is 'Yea verily,' and our situation is a case in point. Marg and I are over retirement age and we have managed, over the past six years or so, to fit out our hay-loft as temporary accommodation and contribute significantly to the building of our new stone house. We have also cared for a gaggle of geese, sundry ducks and fowls, a small flock of sheep and a group of donkeys (which grows ever larger). We have a small orchard and have had, at times, a vegie garden (sadly neglected during the house building). We have discovered a few tricks in the process which might assist any sexagenarian aiming at a move to a small acreage.

- Select land carefully. Hills grow steeper with age and weeds proliferate mightily.
- Small animals are easy to handle for drenching and other care, larger ones are not. Poultry are fine, but anything bigger than a sheep or goat can prove difficult unless you can afford to bring in outside help.
- If bending is difficult make waist high gardens of lines of old tyres filled with bottles and rubble and topped with rich topsoil; unsightly, but effective. If you are able to do it, you can make the walls of the garden out of rock, bricks and timber.
- Concentrate on the easily grown vegetables, thereby ensuring a sense of satisfaction and something to eat. Mulch heavily to eliminate the need for weeding and to conserve moisture. Bill Mollison's books on permaculture are invaluable.
- Tractors are fun and you can perform wonders with a slasher or ripper on the back, but, there comes a time when farm machinery becomes too heavy to handle. At this stage ingenuity has to be able to replace brute strength. If it can't, sell your tractor and hire the services of a neighbour.
- Orchards are great and geese keep the grass around the trees under control very efficiently, but you have to protect the young stems from goose bite with fine wire mesh. Select trees to suit your area and which are reasonably compact – it may not be easy picking fruit up a ladder. Grape orchards make very productive shade areas.



Self-sufficient sexagenarians, Marg and Peter, on the verandah of their 'barn'.

- Small outbuildings can be built, but take it slowly. A suitable working day begins at about 8.00 am and concludes at 11 am. The rest of the day is spent in research, planning and deep thought.

Finally, when you have been working your guts out, are hot, sweaty and tired and every bone and muscle is screaming at you, look *back* at what you have done, not *forward* to what has not been achieved. That way you will gain a sense of satisfaction and avoid being divorced or murdered by your spouse because of your miserable pessimism.




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We have designed these projects especially for the home workshop enthusiast. They are easy to build using ordinary tools found in the average home workshop. (Welding and lathe work are not needed on any of these projects.)

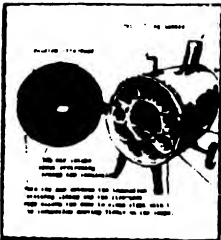
AUSTRALIAN DESIGNS — Our projects are designed in Australia for Australian conditions using easy to get bits and pieces from your local area.

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MAKE YOUR OWN CHACOAL



This unit produces 10 litres of high grade charcoal per hour from waste wood. The wood is baked in "coaling tubes" which expels gas and tar etc from the wood leaving pure charcoal. The process is started with a handful of sticks, then the unit is **totally self fueling using the expelled gas and tar.** (This principle was used during the 17th and 18th century in the production of charcoal for the glass furnaces and iron foundries). This process produces a very pure high grade charcoal with the maximum possible carbon content. It is ideal for barbecues, water filters, melting aluminium, forge work, (particularly impact welding where a clean hot fire is required), and many other uses around the home and workshop.

CC56—\$8.00

DIESEL BLOW TORCH

This is a powerful, fast heating torch. Compressed air vaporises the diesel giving an intense fierce heat. The flame is fully adjustable from a gentle heat for soldering up to a searing blasting flame a metre long.

DT54—\$8.00



BUILD A MELTING FURNACE

The melting furnace is possibly the most spectacular project of all. It is easy to build using refractory cement. (Used the same as ordinary cement.) Exact grades are specified together with the suppliers address and phone numbers, for delivery anywhere in Australia. This furnace melts all normal casting metals, eg aluminium, brass, cast iron stainless steel etc, and reaches a brilliant, dazzling shimmering white heat in the melting pot. Despite these high temperatures i.e. 1,550°C in the melting pot, the furnace is cool on the outside and quiet, smokeless and safe for backyard use. The main outer casing is a 12 gallon drum, and the air blast is supplied by an old vacuum cleaner. Included is an easy method of casting aluminium using plaster of paris moulds.

MF55—\$9.00

HOW TO PATENT YOUR INVENTION

You do not need to actually build your invention. This manual shows you how to draft out and lodge a "Provisional specification" for \$60.00. This gives you 12 months of patent protection in which time you can sell your idea to a manufacturer or promotional agency for outright cash or royalties. The only work you need do is fill in the forms - about 1 hours work, on average and pay the patents office a \$60.00 lodgement fee. We explain all about patents, how to fill out the forms, and show completed examples to make it easy for you.

P40—\$7.00

Portable Stove

This is an unusual design, very easy to build and capable of all types of cooking, roasting and barbecuing. Lightweight and works in pouring rain. Uses all types of fuel, eg. wood, newspaper, coal, etc.

PS51 \$6.00

Blacksmith Forge

This is a brilliant design, being easy to make, low in cost and exceptionally efficient. It will heat heavy pieces of steel to a soft plastic state in a few minutes. Plans included for making old style bellows, and procedures to harden, temper and anneal steel.

F52—\$9.00

Case Harden Steel

Make tools, chisels, etc, from ordinary steel, then case-harden to a hard tool steel finish.

Harden shafts, tractor pans etc. Methods formulas and techniques for use in the home workshop. The mixture is absorbed up to 1/8" into steel by a heating technique. No special skills needed. Chemicals are cheap and easily obtained.

CH53—\$7.00

Water Divining

Details the proper methods of making and using divining rods to find underground streams and reservoirs. You will be able to accurately assess the depth, rate of flow, amount and purity of the underground water.

D38—\$6.00

MANUAL OF 210 FORMULAS FOR HOME, WORKSHOP AND FARM

With the information contained in this manual you will be able to make your own products to use in the home, workshop or on the farm. All chemicals are readily available, with the names and addresses of Australian suppliers included. You will learn how to make paint of all types, i.e. rustproofing paint, fireproof paint, luminous paint, marine paint, latex paint, putty, household cleaners, ant repellents, fly killers, soap, cockroach spray disinfectants etc. Formulas are also included for making imitation marble plastic, imitation gold, gunpowder, rocket fuel, etc. All formulas are relatively simple, do not require any special equipment and can all be made at home.

F16 — \$6.00

How To Build A Portable High Voltage Power Plant And Welding Unit Using A Second-hand Car Or Truck Alternator

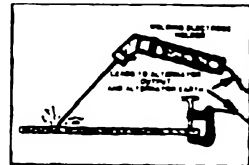
Research and Design by Jim Alloway

This special research manual shows how to convert old car alternators into a high voltage power plant and welding unit. This unit will run 24v lights, power tools, heating tools, universal brush type electric motors (will not operate induction motors)

You will be able to fast charge batteries, arc weld, fusion weld with carbon arc rods, solder, braze, cut steel and heat steel to near melting point for shaping and bending.

Old 35 amp Bosch and Lucas alternators work very well. The modifications are easily done by anyone with ordinary tools. All the required parts are available from auto electricians or auto accessory shops and the total cost of parts is \$12.00 to \$15.00.

As a guideline to performance one 35 amp alternator will run 240v lights, drills, spot weld, heat steel with twin carbon arc rods and do light welding. Two 35 amp alternators wired in parallel give an output of 70 amps which is adequate for most applications. NOTE: You do not need a welder - this unique design enables welding leads to be connected directly to the output terminal of the alternator. The amps/voltage ratio is easily varied and controlled, enabling a low voltage, high amperage weld.



ing current output from a direct connection on to the alternator.

In addition to using your existing car alternator and pulley you will learn about various drive line options including a high speed ground level wind chute power turbine which you can build yourself and a water wheel with enough power and torque to twist and break a 25mm solid steel drive shaft. Included is a simple method to convert old car generators into 2-speed 12v electric motors and a special section on formulas and chemicals which you can use and make yourself to regenerate old batteries.

P37 — \$9.00

How to Make Alcohol Motor Fuel

This manual shows an easy method of making alcohol fuel (methanol) by fermenting plant and vegetable waste. Methanol can be added to petrol as a fuel extender, or used straight with a motor carburettor adjustment. Methanol is water soluble which means it can be mixed with water, and in fact will absorb water from petrol tanks. Methanol, water and petrol will all mix and dissolve into smooth motor fuel which is efficient and economical. Production is slow and not suitable for commercial ventures. However, it is a fascinating and rewarding project.

P23—\$6.00

AIR COMPRESSOR PLANS

Build your own compressor using the piston assembly of an old lawn mower and used car parts

This detailed manual shows exactly how to set up the compressor pump, air tanks and regulator for high pressure, high quality, automotive spray painting, spray painting around the home, high-pressure engine cleaning, sand blasting, operating air tools, nailing guns, air hammers, etc and with these unique design plans it can be built by anyone using ordinary tools, an electric drill and a few hours to spare.

C33 - \$7.00

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Browsing Through



by Colin Franklin, Ballarat, Vic.

I like to think that the following definition of enthusiasm, penned by Ralph Waldo Emerson, closely describes my own approach to life:

'Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful and you will accomplish your object. Nothing great was achieved without enthusiasm'.

I read a great deal from magazines, papers, books and always listen with open ears to things around me. I make a mental note of interesting facts and collect useful cuttings for my scrapbooks. I have also done lots of studies and practised many of them over a considerable number of years (without giving my age away). I have had various businesses that also helped me to gain my knowledge. One can never stop learning at any time.

My hobbies and general interests are wide ranging: cooking, horticulture, photography, woodwork, aromatherapy, early Australian and Victorian history, craft work, sewing, drawing and painting, signwriting, reading, genealogy.

Journey's End, to clear ants from cupboards scatter the leaves of tansy in areas they frequent, or use essential oil (peppermint, spearmint, pennyroyal, garlic or citronella), a drop on a cotton wool ball, or spray the oil (diluted in water) along shelves and floor where the ants are and on their nest.

Mat and May Bowen, ragwort can only be eliminated by digging it out and burning it, if you want to avoid using chemicals.

Di Morton, although tansy has been used in cooking in the past, large doses are poisonous. It is rarely used today. In some countries it is still used medicinally, but in the USA it is regarded as a dangerous substance.

Jeff Holzgal, to grow arrowroot (*Maranta arundinacea*) full sun is satisfactory, but on light, exposed, free draining soils semi-shade is better. Deep soil is essential, wet clay soil is not suitable. Heavy dressings of manure or compost, supplemented by a complete fertiliser, are advisable. Remove flowers as they appear. Harvest rhizomes 10-11 months after planting. They are ready when leaves start to fall off. Arrowroot tubers can be eaten but they are usually processed to make the well known arrowroot flour.

Viv Webb, use lemon juice and bicarbonate of soda to clean your electric oven.

John Nash, the book on cider vinegar is out of print at present.

Sandra Binns, the cherry guava tree (*Psidium littorale*) is not suitable for cold districts. It requires good drainage and a soil pH of 5.5. It should be limed, preferably with a magnesium-containing limestone. It's necessary to expose flower buds to sunlight to check the strong vegetative growth of the tree and ensure sufficient flower production. The flowers are self-fertile and fruit matures in 5-6 months. Guava needs plenty of water and fertiliser, about two kilograms a year NPK.

W & A Myers, regarding marketing, I would suggest you contact your local Department of Agriculture and Small Business to best advise you.

Kim, tobacco growers over the years have used arsenate of

lead and many other chemicals. I suggest the soil be tested to find out whether any chemicals remain.

Pauline Davis, articles about growing and using ginger appeared in GR 95.

Graham & Giovanna Kerr, to relieve asthma massage the back in long sweeping movements. Start at the base of the spine, your hands on either side of the vertebra, and move in upward strokes to the shoulder, over the shoulder and down the side of the body. The massage will also be very reassuring. A suitable massage oil for adults can be made by adding five drops each of oil of geranium, cypress and frankincense to 30 ml vegetable oil.

To grow *Angelica archangelica* sow seeds in seedling boxes, transplant in spring before the taproot becomes established. They require one square metre for each plant. This plant will self-seed, or you can sow fresh seed in early autumn. It requires deep, moist soil and light shade, benefits from a mulch when in full sun. The life span is three years, extendable to four years by removing flower stem. To harvest: cut stem before mid-summer for crystallising, harvest leaves before flowers, collect ripe seed in late summer, dig up root in autumn of first year. To preserve: dry leaves and root, crystallise stem.

To grow evening primrose (*Oenothera biennis*), sow seed spring to early summer. This plant once established will become self-seeding. Transplant seedlings to 30 centimetres apart by autumn. It needs well drained soil, and a sunny open position. It has a long flowering period, is excellent in the garden, and grows to 1-2 metres. All the seeds I had are now gone.

Those interested in astrology may wish to learn that a comet will hit Jupiter sometime in July 1994. This may be seen in some parts of the world, including Australia.

In GRs 97 and 98 there were requests for information regarding preventing water tanks from leaking. A new product called 'Quickset Watercrete', a bonding for concrete masonry, stone, steel, wood, fibreglass (in 5 minutes) is available from hardware stores. Distributor, Victoria/SA. The Marketing Co P/L, 9/78-80 Bayfield Rd, Bayswater 3153. Ph: 03-720-7802.

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Kids Pages



SANTA'S SACK

This is a fun game for family and friends to play at any Christmas party. Prepare a large sack – a doona cover will do – with all sorts of silly clothes for both boys and girls: hats, pants, shirt, socks, dresses, shoes etc, in all shapes and sizes. Get someone to play some music and to be ready to stop playing at any moment. While the music is playing the players pass the sack round. As soon as the music stops whoever is holding the sack must take something out of it (no peeping) and put it on. When the music starts again the sack is passed round again, and so on. Prizes can be given to the person who takes the last item out of the sack, and to the person who ends up looking the funniest.



Sue: *I'm dreaming of a white Christmas*

Ann: *You've been watching too many detergent ads.*

WHO GETS THE PRESENT?

Here are some characters from books and nursery rhymes, together with some suitable presents for them. Can you match each person to the best present? Draw a line joining the character to the present.

Characters

Robinson Crusoe
Cinderella's ugly sisters
Little Boy Blue
Miss Muffet
Bo-Peep
Winnie-the-Pooh
Thomas the Tank Engine
Little Jack Horner
Aladdin
Rudolph the red-nosed reindeer

Presents

Shoe horn.
Dessertspoon and fork.
Insect repellent (also useful for spiders).
Anti-shine face powder.
Electric torch.
A complete course of music lessons and an alarm clock.
A fully trained sheepdog.
A book on self-sufficiency.
His very own beekeeping kit.
A book on how to be a really useful engine.

COOKERY CORNER

NO-BAKE CAROB AND NUT SNACKS

3 cups rolled oats
5 tbsp carob powder
1/2 cup shredded coconut
1/2 cup chopped walnuts
1 1/4 cups honey
1/2 cup milk
1/2 cup butter

Combine oats, carob, coconut and nuts in a large bowl. Put honey, milk and butter in a pan. Bring to a boil, stirring constantly. When butter has completely melted pour over rolled oats mixture. Mix lightly. Drop in teaspoonsful onto waxed paper. Let stand until firm (about 10 minutes). Makes about 4 dozen. Can be prettily wrapped to make a tasty gift.

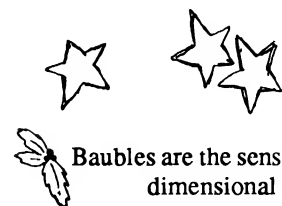


A NEW FUN GAME

How can you save the bilby from extinction? Are your endangered species worried by fires, foxes or rabbits? Will you stop weeds wiping out the wetlands? How do you keep feral cats from dining on eastern barred bandicoot? Can you stop sneaky smugglers from stuffing your species in a suitcase? What is a Button Wrinklewort, a Chuditch, a Honey Blue-eye, a Pedder Galaxias...and how can you protect them?

Discover the answers to these questions and more in this fun family game of danger and rescue. The aim of the game, called *On the Brink*, is to save as many species as possible. To do this you must find the best solution to proposed threats. It's a game of chance and luck, knowledge and choice. You will laugh and learn as you play to stop your endangered species from going over the brink.

On The Brink includes real Australian threatened plants, insects, mammals, fish, frogs, reptiles and birds facing real dangers in their habitats. It is suitable for ages 8 to adult, but a simplified version can be played by younger children. Price is \$39.95. Look for it in toy shops and toy departments of large stores.



HOMEMADE BAUBLES



Baubles are the sensation of any Christmas tree, but it's very easy to make your own – and you can make two or three-dimensional models! Further colour can be added by gluing on glitter dust or gold and silver sequins.

2-D model: Simply cut out a small circle shape (trace around a glass) from any cardboard you can find. Cut around this, leaving a little tag by which to hang it, and paint a bright pattern on both sides.

3-D model: Cut old cardboard cylinders (from kitchen paper tubes) into pieces about 2 cm wide. Cover these with kitchen foil or old foil wrapping paper. Now push one ring inside the other so that they are at right angles.

A DESK TIDY

Desk tides are quite expensive to buy. You can make a beautiful one from scrap paper and cardboard. They make great presents for just about anyone.

You Will Need:

- a selection of cardboard tubes of different diameters and lengths (get an adult to cut them to length with a craft knife)
- stiff cardboard
- scissors, ruler and a pencil
- old wrapping paper or wallpaper
- glue
- stapler

What To Do

Decide what form your desk tidy is going to take. They usually consist of about six tubes of varying lengths and diameters. You could start with a toilet roll tube and a piece of a tube used for sending maps and posters through the post, then add shorter lengths to suit your needs.

Draw round the bottom of each length of tube and mark it out on the cardboard.

Then cut out a circle two centimetres bigger than the bottom of the tube.

Make little cuts inwards from the edge of the cardboard to the

circle which you drew around the bottom of the tube.

Carefully bend the pieces up and set them aside. These will be the bases of your tubes, which you will glue in place after you cover your tubes with wrapping paper.

Now cover each tube carefully with wrapping paper or wallpaper. Make sure you cut the covering one centimetre longer than the tube, then make little cuts inwards. This enables you to turn over the raw edges and glue them neatly inside the tube.

Group the finished tubes together and carefully staple together at the bottom. Slip the base inside each tube, then glue firmly.

To make extra sure your tubes stay together you can run a line of glue down between each one where it meets the next. Press them gently but firmly together and then use string to tie the whole group until the glue dries. If you are giving it as a gift you can also decorate your desk tidy by tying ribbon around it and finishing off with a large bow.

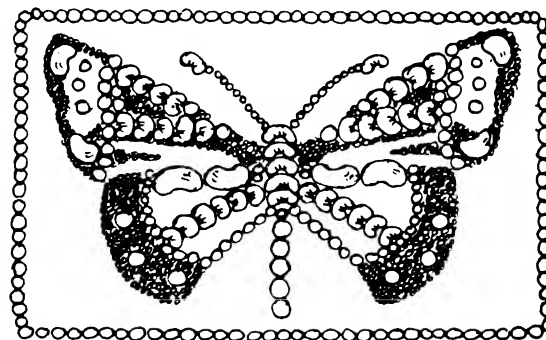


WHO IS THIS CHARACTER?



You will have to refer to *On the Brink*, the new game that looks at ways of saving endangered species from extinction.

BEANY BUTTERFLY



You Will Need

- a small piece of flat wood (about 1-2 cm thick)
- pulses (dried beans, peas, and different coloured lentils)
- wood glue
- toothpicks
- pencils
- varnish, optional

How to Make

Draw a simple design or picture onto wood. The picture shows a butterfly, but you can draw anything you like. Decide which seeds would look best on your picture. For small seeds spread a thin layer of glue over the space you wish to cover. Sprinkle the seeds on the wet glue. Push them into place with a toothpick. Glue on larger seeds one at a time. When you have finished, wait 24 hours for the glue to dry. Varnish if you like.

Reprinted from *Food Glorious Food*, by Elizabeth Rabbits, Hale & Remonger P/L. This book was reviewed in GR 94, if you are interested in knowing more about it. As well as recipes and information about food, it has other fun food craft ideas.

While the Billy Boils

Christmassy, summery, scrumptious and colourful. We wish you joy in the preparation and the mastication of our centenary issue recipes.

DIABETIC CAKE

- 2½ cups mixed fruit
- rind of 1 lemon
- 4 eggs
- ¼ wineglass of brandy, optional
- 1 cup margarine
- 2 cups SR flour
- 100 ml (3 fl oz) milk
- ½ tsp liquid sweetener
- 2 tsp baking powder
- 1 tsp each: Parisienne essence, vanilla, allspice, nutmeg.



Beat the margarine and sweetener. Beat together eggs, milk and essence and gradually add to the margarine. Beat well and add grated lemon rind. Sift the flour, baking powder and spices, gradually add flour mixture and fruit alternately. Stir only until the flour is mixed in. Mix in the brandy if used. Spread mixture evenly in a greased and paper-lined baking tin and bake in a moderate oven for 1½ hours.

This cake does not keep well, so it is advisable to cut it and freeze what you cannot manage to eat in a week.

Pamela Odijk, Mt Morgan.

LAST MINUTE FIVE FRUIT PUDDING

- 125 g (4 oz) plain flour
- ½ level tsp mixed spice
- ½ level tsp baking powder
- 1 cup fresh white breadcrumbs
- 90 g (3 oz) castor sugar
- 1 large egg, beaten
- 90 g (3 oz) unsalted butter
- 6 tbsp milk
- 60 g (2 oz) each: date, prunes, sultanas, mixed peel, cherries.



Sift flour, baking powder and spices into a bowl. Add castor sugar, breadcrumbs and finely chopped butter. Mix to a soft batter with egg. Add the fruits one at a time, and mix in well. Place into a greased 18 cm (7 in) pudding bowl, cover with greased paper and then foil, sealing the edges well. Place bowl into a large pan of rapidly boiling water, using a wire rack to rest the basin on and give slower cooking. Cook for three hours and serve with brandy sauce or ice cream.

Colin Franklin, Ballarat.

AVOCADO DIP

- 2 ripe avocados, peeled and pitted
- 2 spring onions, finely chopped
- 1 tsp chilli sauce, or 3 drops Tabasco
- juice of half a lemon
- salt and freshly ground black pepper

Mash avocado with a fork, blending in remaining ingredients. Serve with raw vegetables, corn chips, or dry biscuits.

Julie Webster, Coffs Harbour.

BANANA, CUCUMBER AND CARROT SALAD

- 2 bananas, peeled and sliced
- 2 tbsp lemon juice
- 1 cucumber, peeled and sliced
- curly endive leaves, shredded



- 2 medium carrots, grated
- 1 apple, peeled and sliced
- ½ cup honey yoghurt dressing (see below)

Place carrot in centre of a large salad bowl. Surround with banana and apple slices, sprinkle with lemon juice. Arrange slices of cucumber and shredded endive decoratively around edge of bowl. Pour dressing over and serve immediately.

Honey Yoghurt Dressing

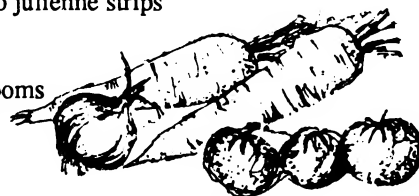
- 1¼ cups plain yoghurt
- ¾ tsp dry mustard
- 3 tbsp lemon juice
- ½ tsp paprika
- 2 tsp honey

Combine all ingredients and blend for three minutes until smooth. Makes 1½ cups. Chill before serving.

COLOURFUL VEGETABLE SALAD

Quantities can be varied to suit the number of diners. Use a combination of four or five brightly coloured and contrasting vegetables such as:

- sugar peas
- broccoli or cauliflower florets
- carrots cut into julienne strips
- green beans
- baby squash
- button mushrooms
- red capsicum
- corn
- black olives
- parsley or fresh basil, finely chopped
- salad dressing of your choice



Steam broccoli, cauliflower, carrot, baby squash until tender but still brightly coloured and place in a large bowl. Add strips of red capsicum, olives, and other colourful raw vegetables. Add a generous amount of parsley or fresh basil. Pour salad dressing over the mixture. Cool before serving. This salad can be prepared ahead allowing the flavour to improve.

Greg Denison, Geelong.

STRAWBERRIES WITH MINTY LEMON CREAM

The lemon cream is used as a dip. Large strawberries are best for dipping. Other fresh fruits could be substituted, but it is hard to beat strawberries for both taste and decorative effect.

- 2-3 punnets (500-750 g) perfect strawberries
- ¾ cup sour cream
- grated rind of large lemon
- 2 tbsp lemon juice
- 3 tbsp icing sugar
- 1 dsp finely chopped mint
- strawberry leaves for decoration



Do not hull strawberries. Wash them gently in a bowl of water and drain on paper towel. Refrigerate. Mix all remaining ingredients. Taste, if too sharp add more sugar, if too sweet add more lemon juice. Refrigerate. Mound the strawberries in the centre of a large platter, decorate with large strawberry leaves. Serve minty lemon cream in a separate bowl for dipping.

Susan Sanderson, Berwick.



KEEP IT SIMPLE



by Anna Rando, Officer, Vic.

*What was Paradise?
but a garden,
an orchard of trees and herbs
full of pleasure,
and nothing there but delights*

William Lawson.

John and I moved to this beautiful property twenty years ago and now *Grass Roots* is 100 issues rich. I can still feel the thrill of holding that first issue, not wanting to put it down, the thought of others holding on to the same values warming me inside. It did 20 years ago and still does. *Grass Roots* is a very good and true friend. I see now more clearly than ever that my wealth lies in my cultural inheritance. And I see GR as a wonderful recording of our cultures, a sharing, a blending of people's ways of living.

My grandparents came to Australia from Italy after the First World War because there were too many people and not enough land to cultivate. They lived on what they grew themselves: olives, capers, carobs, legumes, grapes, figs, wild herbage and cereal crops (mainly barley). Milk and eggs were so precious that meat was very rarely eaten. Milk was made into cheese, never butter as they had olive oil. All their recipes were developed using very basic ingredients. Good cooks tell us today that when you have top quality ingredients, keep meals simple. For those of us who grow our own fruit and vegetables this is obvious. I recently read that as soon as a vegetable is picked the sugars convert to starch in the vegetable's effort to preserve itself. You can test this yourself if you pick two ears of sweet corn, cook one immediately and store one for two to three days before cooking. The comparison is amazing. No wonder store bought corn tastes so horrid and people need to lash it with salt and butter!

If we apply the 'keep it simple' concept to our own lives we can enjoy a top quality lifestyle. So keep it small, don't overdo it – what ever 'it' is. Small is beautiful.

In this 100th edition of GR I would like to share some simple Italian 'sweets' (pastries) which were only baked for festive occasions. As there was no sugar, grape juice was boiled to a syrup and used as a sweetener. I sometimes use apple juice and boil it to a syrup. It is also delectable, especially when the beautiful Golden Delicious apple is used.

WINE PASTRY (for slices and pies)

2 cups SR flour

2 cups plain flour

1 cup olive oil

1½ cups white wine or grape juice

Blend and knead well. Roll out to shape and size you need.

SPICCHITELLI

grated rind of 2 freshly picked lemons and 2 freshly picked oranges

juice of the two oranges

½ cup olive oil

cover the palm of your hand with ground pepper twice (yes pepper as in peppercorns) and add it to the flour (this is a way of measure)

about 8 cups of flour – can use mostly self raising although traditionally plain was always used

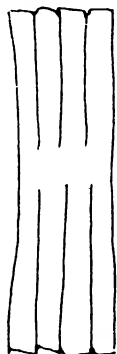
enough grape or apple syrup to make a very firm dough

Knead the dough and roll it out. Cut it into rectangles 5 x 15 cm. Then cut the dough from each end three times. This gives you four ribbons of dough to spiral down and make beautiful patterned biscuits. Use your imagination to make hearts and



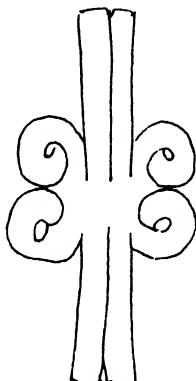
Anna and John Rando with children Ann and Toby.

Shaping Spicchitelli

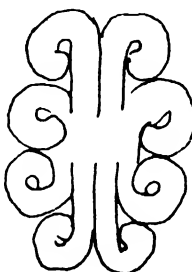


Step 1: cut a rectangle 5 x 15 cm (2 x 6 in) then cut into the dough three times at each end leaving the centre joined.

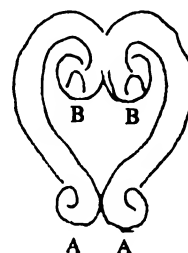
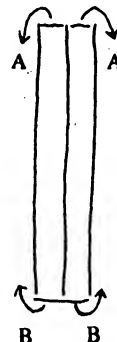
Step 2: curl down to a spiral the first strips to the centre.



Step 3: then curl down the remaining strips, or make it into a butterfly shape.



The patterns are endless. You can cut a thinner rectangle eg. 2 1/2 x 15 cm (1 x 6 in) and make heart shapes.



butterfly shapes. Children love to work out ways of spiralling the dough. Bake at 160°C (325°F) for 10-15 minutes.

Note: gingerbread dough also lends itself well to this technique of dough cutting. The biscuits look so intricate and amazing others will marvel at how you did it, yet it is so simple.



Ann and Toby with Light Sussex chickens.

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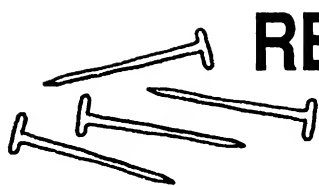
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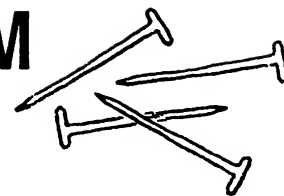
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REMOVING NAILS FROM YOUR FREE TIMBER



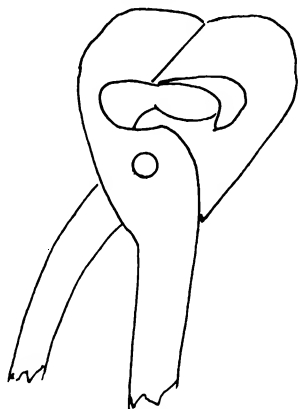
by Janos Paskandy, Mirrabooka, WA.

Many readers rang me up after my article on free timber in GR 97. Most were asking for tips on how to get those stubborn nails out of the pallets and boxes they obtained. Here I record all I have learnt on the subject so far. Of course practice makes perfect and everyone will probably develop his/her own ways.

Pine boxes and pallets have easily split timber and nails which are far too strong. Those nails don't only have corrugations to hold them in place indefinitely but also have little wire sleeves which make their removal much harder. Once we know what they look like the battle is half won. How those sleeves crimp on the way out will determine how hard it is to remove the nail. By extending our seventh sense into the timber and concentrating on those nasty sleeves a lot can be achieved.



A good set of tools is extremely important. Claw hammer, pinch bar and the pliers are mentioned in the article Free Timber (GR 97). Sometimes I also use saw blades that will cut metal. Most of the readers who reported problems didn't have the right pliers, so I thought a sketch would make it easier to select the correct tool. Of course the wider the surface of leverage, the less imprint the pliers will make on our precious timber pieces. Too wide a leverage surface can disable the tool for use in hard to reach places. A little extension on the side does come in handy sometimes.



Having the timber and the tools we are ready to begin working. Some parts of the timber might be damaged, in which case we can sacrifice the already damaged plank if need be in order to salvage another piece in better condition. First I look for nails which have their heads sticking out slightly. I remove them with the pliers first. A strong hold (just less than would cut off the head of the nail) with fast forcing action gives better results than a slow continuous action. Experience will soon teach you the limits of certain timber thicknesses which will determine the force you can apply. Most of the time the nails will move a little quite easily. We can then place a protective layer of aluminium strip, hardboard or steel between the pliers (or claw hammer) and the timber so the tool makes less of an imprint into the wood.

The next step is to start forcing the planks apart with the pinch bar in a spot which looks the loosest or where we have previously removed some nails. As soon as a nail gives way, even just a fraction, remove it with the pliers or claw hammer.

It is a good idea to collect all the nails in tins or containers. Even if they never get straightened, a lot of annoying little accidents can be avoided. If you give this job to daddy's little helpers, they are not only usefully occupied but out of the main action as well.

From here on the job would be only a matter of patience if

it wasn't for those extra-stubborn nails. Sometimes the heads are so far below the timber's surface that the exertion of sufficient force to remove the nail is likely to break the timber. These are the challenging ones.

It is of the utmost importance to keep cool calm and collected. I sometimes find it absolutely necessary to go and do something else for a few minutes. On the way back I usually collect a variety of small wedges from under the saw bench, drive in the wedges carefully on both sides of the nail, between the two pieces of timber I have to separate, and simply cut the nail with the saw blade. It is important to wedge the pieces far enough apart that after the nail is cut and the timber pieces are separated there is enough grip for the pliers to remove the two ends of nail. Just pull the head through towards the other side, the hole can be puttied up on the end product. The tricky part is to grab the cut nail gently enough not to chip the little grab area off with the pliers, but still strongly enough to pull the nail ends out. This balance can be found with experience.

There are other ways of dealing with stubborn nails for those better equipped with tools. A drill makes the removal of those disobedient nails look like child's play. I worked out two options. One is to punch a point into the middle of the nail's head. Don't worry if this drives the nail in deeper. If it can be punched right through the battle is more easily won. The point will position the drill bit that should be a touch bigger than the nail's shank size. Drill until the head comes off. The plank will be easily removed towards the space where the head was.

It is not always possible to drill a damaged head off. There is a way of dealing with such extremely naughty creatures as well, but it will only work for the last nail in the plank. Drill a hole (the size of the head's diameter or slightly smaller) as close to the head as possible, towards one edge of the plank and through the full depth of the plank. Position a piece of hardwood against the edge so the drilled hole will be in between the nail next to it and the hardwood and line them up. Hit the hardwood and the plank will slide so that the nail will break through to the drilled hole and the timber lifts off easily.

Naturally, there are always a few planks broken, but it was free, cheap, fun, and the timber is still good for the barbecue.

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GIFTS FROM THE KITCHEN



by Rosetta Berry, Park Orchards, Vic.



There are few gifts more satisfying to the giver or more appreciated by the recipient than homemade edibles. A gift basket filled with a variety of delicious cakes, biscuits and condiments is particularly appropriate for a special friend or family member. Use decorative bottles and jars, add bows, ribbons and attractive labels to give an individual touch to these delicious gifts.

HERBAL VINEGARS

You can choose different vinegars to complement different herbs. Tarragon, basil and salad burnett, for example, are said to go well with white wine vinegar; mint with cider vinegar, and garlic with red wine vinegar. However, many prefer to use plain white vinegar, ensuring that the herb flavour is dominant. As a guideline for most herbs, use about two cups of herb to five cups of vinegar.

Tarragon Vinegar

- 500 ml (16 fl oz) tarragon leaves
- 500 ml (16 fl oz) wine vinegar
- 2 cloves
- 1 clove of garlic, halved

Crush tarragon leaves slightly with hands. Add vinegar, cloves and garlic. Cover and let stand. After 24 hours take out garlic, then let stand 14 days more. Strain and press through a cloth, bottle and cork tightly.

Garlic Vinegar

- 125 g (4 oz) garlic, peeled and bruised
- 1 tsp salt
- 5 cloves
- 10 peppercorns
- 1 tsp caraway seeds
- 1 lt (35 fl oz) hot wine vinegar

Put garlic cloves into a covered jar. Add salt and seasonings, pound in a mortar. Add vinegar, let stand for one week. Strain and bottle, corking well.

WHITE CHRISTMAS CAKE

- 1 cup sultanas
- 1/2 cup currants
- 1/2 cup seeded raisins, chopped
- 30 g (1 oz) glace cherries, quartered
- 1/2 cup pecan nuts or walnuts, chopped
- 2 tbsp sherry or brandy (optional)
- 185 g (6 oz) butter, softened
- 1 1/2 cups castor sugar
- 1 x 250 g packet cream cheese, softened
- 1 tsp vanilla essence
- finely grated rind of 1 lemon
- 4 eggs
- 2 cups plain flour or 1 cup plain flour and 1 cup wholemeal plain flour
- 1 1/2 tsp baking powder

Combine fruits, nuts and sherry, allow to stand. Cream butter and sugar, add cream cheese, vanilla essence, lemon rind, mix until well blended. Add eggs one at a time, beating well after each addition. Gradually fold in sifted flour and baking powder. Fold in the fruit and nut mixture.

Place into a greased and lined 23 cm round or 20 cm square

cake pan, bake in a moderate oven for 1 1/2-1 3/4 hours, or until cooked when tested. Allow to cool slightly in the pan before turning out. Will keep for three weeks stored in an airtight container.

The next recipe is particularly good for busy cooks as it is a quick, no-mess microwave recipe. It can be adapted to a conventional cooker if preferred.

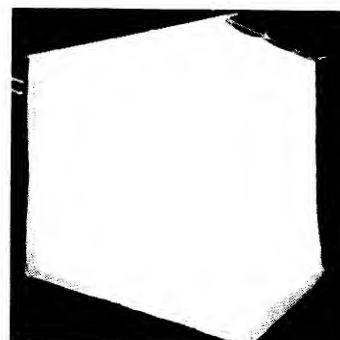
PICKLED PEACH RELISH

- 315 g (11 oz) dried peaches, coarsely chopped
- 2 cups water
- 1 large red pepper, seeded and cut into strips
- 1 tsp finely chopped fresh ginger
- 1/4 cup cider vinegar
- 1/2 cup soft brown sugar

In a large microwave-proof bowl, combine peaches and water, cover with plastic wrap, microwave on 100 percent power for three minutes. Remove from oven, allow to stand covered for 1-2 hours. Drain off excess liquid, reserving 1/2 cup. Stir in pepper, ginger, cider vinegar, brown sugar and reserved liquid. Cook, uncovered, at 100 percent power for five minutes or until peaches are tender. Remove from oven, allow to cool slightly before pouring into sterilised jars. Will keep in refrigerator for 4-6 weeks.



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THEN AND NOW

by Carolyn Beard, Dallarnil, Qld.

What a wonderful surprise I got when we received our mail last week. Yes, GR magazine is an excellent resource in these troubled times, lots of useful ideas and hints and stories too. We have been here over five years and the place is looking beautiful. I mentioned our move in GR 67 when I wrote about my son's health. A lot has happened since then.

As I write I am sitting on our verandah, enjoying the mid-May sun, thinking what a lovely time of year it is. I look at the trees in front of me and consider, it is so peaceful compared to what the place looked like the day we moved in. We probably wondered what we had got ourselves into but the house had possibilities. We had a roof over our heads straight away which was important to us at that time. The house was a very simple four-room building plus an enclosed verandah. The three acres with the house was barren and very clayey, with only 8-10 ironbark trees left untouched. It wasn't very inviting, but it was ours; we owned it and that was the main thing.

ON THE MOVE

Why did we move here? We were in Darwin (where Carol first brought home *Grass Roots*). We lived there for five years until we were needed in Melbourne as a family member was ill with leukaemia. So we packed up and moved to Melbourne for six months. We bought a lovely block of land (five acres) at Tangio West near Omeo in eastern Victoria. We stayed there for three years and built a beautiful red cedar house, but it was as cold as Darwin was hot. So we decided to move halfway between the two. The house here in Dallarnil was cheap (\$16,000 for house and three acres) and close to schools, Bundaberg and the beach. When we looked through the house we both thought it had character and possibilities.

RENOVATING

Now the whole property is comfortable, homely and unrecognisable as its former self. We have added rooms, pulled walls out, put things in, completely renovated the house to suit our needs. We scraped off the old paint inside and outside. We painted the inside in soft pastel colours and used the heritage colours of cream, green and Indian red on the outside.

Bill is on a Disability Support Pension due to a deteriorating back injury sustained years ago. He was only able to do a few hours each day on the house, always trying to do too much and suffering for it later. That is why it has taken so long to finish the house. Yes we did all the work ourselves, a little every day, sometimes too much each day. The house was listed as a 'hayshed' by the agents, so we set to work to make it liveable. We have made it very comfortable.

We added back and front verandahs and took out a wall inside to make a big living area, added a complete new bathroom/laundry/toilet, and built wardrobes in all bedrooms. We completely remodelled the kitchen, installing a second-hand fuel stove and electric stove for summer, and cupboards we made at home here.

Renovating Hints

- Set yourself a goal on what you want to achieve.
- Hunt second-hand timber yards. It's marvellous what you find there, even second-hand aluminium window frames.
- If there are willing people in your area ask them for a hand in exchange for something you can do for them. You would be surprised how many people like the bartering



This was our home in 1987, with some improvements already made, but a long way still to go.

system instead of parting with cash.

- Work on one job at a time. Don't take on too much at once.
- Give tradespersons plenty of notice if you require them.
- Good tools are a must.
- Try to do your own painting and carpentry, even if you have to ask for some hints.
- Don't get into a grind. If it all becomes too much take a break and do something else or go for a drive or a picnic.

PLANTING TREES IN DRY AREAS

We planted hundreds of trees and shrubs, mainly natives. We lost a few but won a lot, having seen many through some extremely dry weather. Many trees have come up since we fenced our property five years ago to keep the cattle out. They have all grown lovely and tall and our garden has become home to many different birds. The birds can feel safe from predators here and fossick freely among the trees. We also have a female possum who used to live in the ceiling. We have closed her out now, but she still lives nearby and visits each evening. We have seen, on occasion, a sugar glider in amongst our taller trees.

Before planting any trees it is usually best to wait until after some rain, then dig a hole about 60 centimetres deep. Place a bucket of water in the hole, add some fertiliser (organic), shovel some of the soil back in then plant the tree or shrub. Shovel the rest of the soil back and fill hole. Water with another bucket of water and cover with plenty of mulch. Water with one bucket every day for a week, then once a week until established. Make sure there is plenty of mulch and place a fertiliser bag with three stakes around the tree. This helps keep the moisture in and the hares/rabbits out.

UPS AND DOWNS

Bill and I have had many ups and downs, physically, mentally and financially. We are just now coming closer together again and starting to enjoy each other's company. The last two years have marked a big change in our lives, especially this year as



By March 1992 the house was more comfortable and the garden developing nicely.

Kathryn left home too. She is studying for a Bachelor of Arts Degree in Humanities at Griffith University. Now it is very quiet at home, sometimes too quiet. We think we went through a grieving period. We missed the children a lot and have found ourselves travelling much more to see them.

Also, we have had extremely dry weather over the past few years, with only a few inches of rain and up to seven to nine months between falls. Our dam was dry again until late September, then we had 75 mm of rain while we were away. So without decent rainfall we haven't had a vegie patch for a long time and nearly all the herbs died and the trees have just been holding their own. We only planted a few trees this year because of the dry. As you can see, between travelling around and the depressing weather we haven't done much at home.

I still bake our bread, cakes and biscuits, jams, tomato sauce etc. I took up playing the flute earlier this year and still do a lot of sewing. Bill cooks the meals, does a lot of reading, helps

other people and generally keeps busy.

Where is life heading? Of course we don't really know, nobody knows what is around the corner or what's in store. We can only hope for good health, happiness and the ability to enjoy ourselves together in the future.

Would we do it all again? Probably! You would think we would learn, wouldn't you? But we don't. We are a little wiser each time though. Definitely somewhere with a better rainfall next time, that is one thing for sure.

Could we have done it without GR? Probably not! GR was our inspiration in Darwin and Victoria, our guiding hand in Queensland. Yes GR was and still is a very big help.

We have come a long way. It has been a big job, lots of hard work, lots of tender love and care and lots of time as well. 'Rome wasn't built in a day', has been our motto. Of course there is still a lot to do, but all in all we are satisfied with a job well done.



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MORE XMAS DECORATIONS

by Christine Taylor, Black Forest, SA.

I fear this really will be too late for Christmas and I have no excuse, I started the drawings over a month ago, but then I lost the photographs. I've had several attempts to find them again, but wasn't successful till today. So here I am, late, but well

In GR26 I showed you how to crochet some stars for your tree and in GR 88 described how to make a stunning table decoration from paper. This year we are back to crochet with some tiny bells and white Christmas trees.

CHRISTMAS BELLS

1st row: make a chain and form into a ring with a slip stitch.

2nd round: 3 chain, 1 treble in first chain, 2 treble in each of the other chain, slip stitch into the third chain made to begin the round.

3rd round: 4 chain, (treble into top of next treble, 1 chain) to the end of the round, slip stitch into third chain made to begin the round.

4th round: as 3rd round.

5th round: as 3rd round.

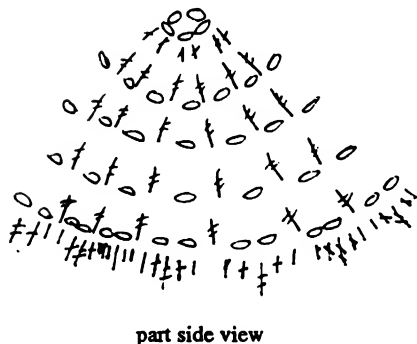
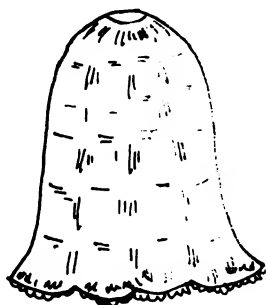
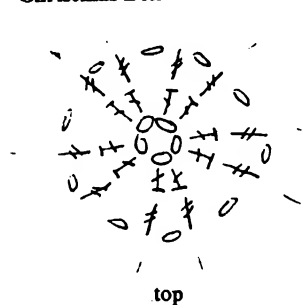
6th round: 5 chain, (treble into top of next treble, 2 chain) to the end of the round, slip stitch into 3rd chain made to begin the round.

7th round: slip stitch, (single crochet, treble, single crochet, slip stitch into each two chain space) to the end of the round, slip stitch into the first stitch and end off thread.

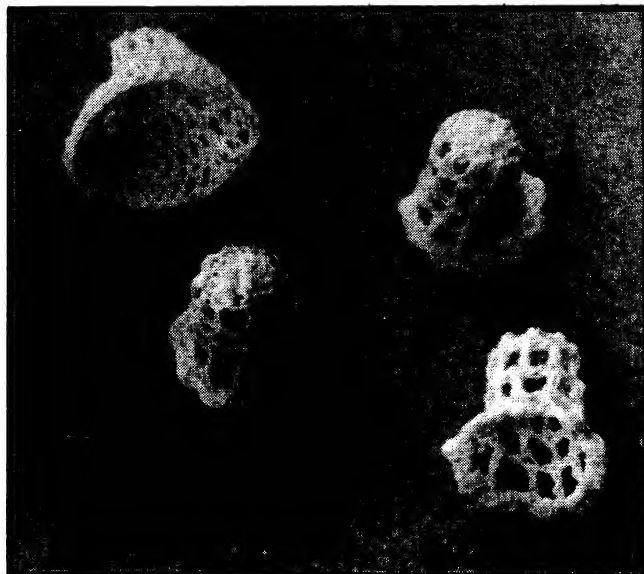
Neaten off threads and stiffen with sugar syrup (below).

As the photograph shows, I had my husband make up a board with nails on which we put short lengths of 2.5 cm dowel as a shaping device to hold the bells while they dried. I am sure there are other ways to help the bells retain their shape.

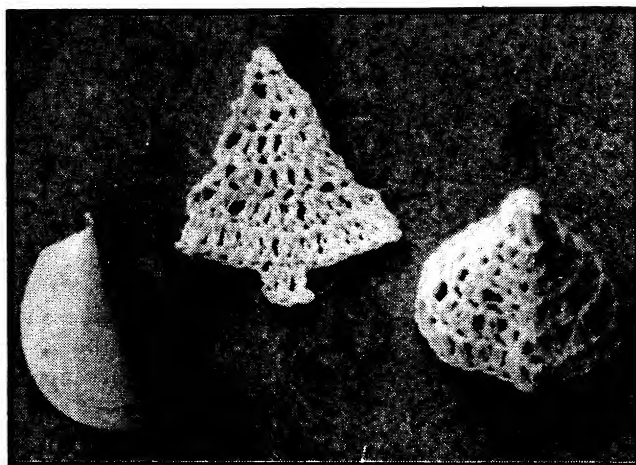
Christmas Bell



Sketches show the pattern of increase of stitches.



Crocheted Christmas bells above, and trees below, showing the forms they are shaped over.



CHRISTMAS TREES

Style 1 - The Flat Tree

Row 1: chain 4, 2 treble into the base chain, turn (3 stitches).

Row 2: chain 3, treble into the top of each treble, turn (4 stitches).

Row 3: chain 3, treble into the treble below, treble into each treble to last treble, 2 treble into the last treble, turn (6 stitches).

Row 4: as row 3 (8 stitches).

Row 5: as row 3 (10 stitches).

Row 6: as row 3 (12 stitches).

Row 7: as row 3 (14 stitches).

Row 8: as row 3 (16 stitches), end thread.

Row 9: make 3 trebles in stitches 8, 9, 10.

Neaten ends and stiffen with sugar syrup, pinning the trees out onto a sheet of cardboard (supermarket boxes work well)

Style 2 - Cone Shaped Trees

Round 1: chain 4, four treble in base chain, slip stitch into 3rd chain.



The stitch pattern for the
Christmas tree.

Round 2: chain 3, 2 treble into each treble below, slip stitch into 3rd chain (7 stitches).

Round 3: as round 2, increasing to 11 trebles.

Round 4: as round 2, increasing to 15 trebles.

Round 5: as round 2, increasing to 21 trebles.

Round 6: as round 2, increasing to 28 trebles.

Round 7: as round 2, increasing to 43 trebles, end off thread.

Neaten ends, make a cone shaped support and stiffen with sugar syrup.

STIFFENING

A sugar solution is the old method of stiffening and it still works well. Pour a cup of boiling water onto $\frac{2}{3}$ cup of sugar and dip the bells or trees into it as soon as the sugar dissolves.

Pin the trees out on a sheet of cardboard or put the bells (or trees) over a suitably shaped support and wait for them to dry. This may take several days, depending on the weather.

One of the clear craft glues can be used instead of sugar syrup, and this will also need to be left to dry in the same way.

If the items are too stiff for your liking once they are dry, they can be softened by dipping them briefly into hot water and leaving them to dry again. Trees may retain their stretched shape if they can hang freely but the shaped items would need to be replaced on their formers.

As I mentioned in an earlier article, I have had sugar stiffened wedding bells in a cupboard for eight years without ant or other insect problems.

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VERSATILE GIFTS

by Rita Summers, St Helens, Tas.

These attractive, versatile gifts are easy to make. As well as being great additions to the Christmas stocking or gift basket, prettily presented they are suitable as individual gifts for many occasions.

BATH SACHET

Make a basic bag from muslin, or use pure silk for a touch of glamour. Fill with a mixture of $\frac{2}{3}$ dried herbs of your choice and $\frac{1}{3}$ finely ground oatmeal (use mortar and pestle or food processor to grind the oatmeal). Use a gathering stitch to close the sachet and tie a long loop of ribbon which can be slipped over the tap to allow the bag to dangle in the water. For best results start by running the bath very hot, then allow the water to cool before removing the sachet so that the herbal fragrance permeates the bath. The oatmeal in the mixture makes the water and your skin feel silky smooth. The sachet can be used two or three times.

Some blends of fragrant flowers and leaves to mix with the oatmeal – equal parts of:

lavender, mint

rose petals, lemon balm, lemon verbena

chamomile, mint, rosemary, thyme, sage

2 tbsp rosemary to 1 tbsp basil (blend to quantity required)

Variations – instead of a rectangular, bag-style sachet, cut a square of fabric with pinking shears, draw a large circle as a guideline (for gathering with a running stitch), and fill with mixture. Gather up tightly, knot, and add a long loop of ribbon for hanging from the hot tap. Fabric can be thin sprigged cotton, organza, or butter muslin.



FLORAL SOAP BALLS

4 bars pure unscented soap (eg Sunlight)

700 ml (24 fl oz) water

4 tsp dried rose petals

2 tsp dried lavender flowers

1 tsp dried herbs (eg thyme or rosemary)

Cut the soap into chips, or grate it using a grater (a food processor would speed this up considerably, if you have one). Dissolve the soap particles in hot water.

Make a pulp of the dried herbs and flowers petals with a mortar and pestle (or use a blender). Add to the soap and water mixture, stir well and leave to cool.

Form the mixture into balls with your hands, then dry them for about a week on kitchen paper on a cake rack. Package attractively in cellophane and ribbon.



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We first heard from The Stock Camp Cook via a Feedback letter in GR 87. He had a problem with cracked, dry hands and was asking for advice and letters. The brief description of his lifestyle as a cook on a cattle station in the Kimberleys must have struck a chord with many GR readers. To our astonishment (and his, I'm sure) he wrote some months later (see GR 92) to say he had received over 600 letters. We often hear of readers, writers and advertisers having a huge response to their letters/articles/ads, but this must be a record response, even for GR. As you will read, life has changed somewhat for Basil Montford, but he still enjoys the simple pleasures and he is still game enough to ask for correspondents.

KEEPING IN TOUCH

by the Stock Camp Cook, Copmanhurst, NSW.

I have been a GR reader for many years now and have lived my own GR lifestyle by dropping out and living and working on cattle stations in the Northern Territory as station cook and stock camp cook. But I grew weary of the remoteness, the isolation and the vastness, the lack of like-minded people, and I missed softer climates for my beloved gardens. Yes, I am garden crazy. So I left it all behind and came south to live. I have leased 12 acres of land in hills 30 kilometres west of Grafton where, apart from my dog, I am alone, and I am starting my garden. I wish to grow all sorts of things: herbs, vegies, trees, flowers, and hope one day to start selling at local markets. I am completely organic in my gardens and re-use all my water, a case of having to. Soon I hope to build my chook pens and have a few chooks and maybe some ducks and turkeys, who knows.

On looking back over ten years of station and stock camp cooking a short description of some of the differences between the station and the stock camp kitchen may be of interest. The stock camp is a camp that moves around to different mustering yards at different locations on the huge cattle station. The kitchen moves too. It is a simple outdoor cooking area with windbreaks erected. Length of stays in one place vary, depending on the numbers of cattle to be mustered, but are usually two to four weeks. The main feature of stock camp cooking is the reviving of old skills: plain old-fashioned meals, meat (beef) cooked in a multitude of different ways, three vegies, boiled

puddings, open fires, portable generators, lack of entertainment so sitting around the fire at night yarning, observing nature. I am busy from dawn to dark with breakfast, smoko, dinner, smoko, tea, always on the go. I may be alone all day with the stockmen away, or, more likely, have a constant stream of visitors: vets, cattle buyers, truck drivers, helicopters pilots, stock inspector, grader drivers, bore mechanics etc etc, all to be fed and watered.

There is also clothes washing every day, keeping camp tidy and tending earth floors which are made by clearing and raking with a lawn rake, sweeping with a straw broom and then sealing by throwing the used corn beef water all over as often as possible, with as much washing water as available added constantly to keep the dust down. Accommodation is as simple as sleeping in swags under open skies. Stock camps only operate in the dry season; the station closes right down with only a skeleton staff during the wet.

The station cook, by comparison, usually has a modern, well equipped kitchen with gas stoves and electrical appliances. There is still the same routine of five meals a day, but with somewhat more variety of food and more fresh vegies as refrigerated trucks deliver food which is stored in cold rooms. There is a constant stream of people to be fed. Comfortable accommodation is provided and there is time to establish a garden and, usually, unlimited water. Nowadays most stations have television, with evenings providing time for reading and



The evening meal (tea) is just about ready: steak in onion gravy, two pots of vegies, golden syrup dumplings, boiling water for tea and coffee in the big drum and the smaller drum is the tea billy.



The kitchen at Anthony Lagoon Station with part of the cook's garden in the foreground.

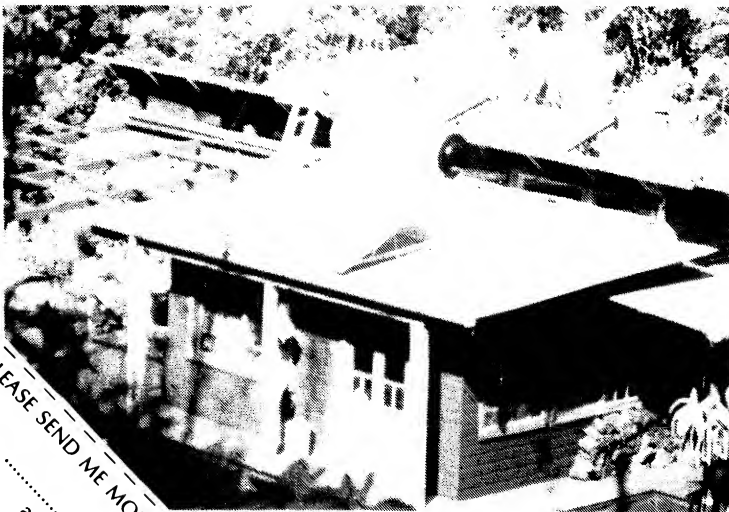
Anything can be grown in the Northern Territory with Asian vegetables more suited to the climate than European varieties. Mulch is the secret, plus animal manure and an endless supply of water. Heat being the only difficulty, watering in the evening is essential.

The unique features of station life are the sense of vast space, the sheer simplicity of life and the wonder of the night skies.

I enjoy life here in my new environment with the peace and quiet that nature gives me and I live very close to it all, but I am lonely and find it all a bit too much at times. Anyone who cares to write please feel free to do so and I will endeavour to answer as many as possible.

Anyone who would like to correspond with the Stock Camp Cook can write to: Basil Montford, C/- PO, Copmanhurst 2460.

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systems.

TOP TWENTY FIRE RETARDANT SPECIES

In any plan to reduce fire risk in farm gardens or in bushfire-prone areas, the pattern of planting is most important. What is not often realised is that many trees (even evergreens) and shrubs, if planted very closely, will help arrest sparks and reduce turbulence. Many of the plants listed here are actually resistant to the flames themselves because of the high concentration of salt in their leaves and are therefore well worth considering for planting near homes and sheds.

The extent to which a shrub is fire-resistant depends on three major characteristics:

- moisture in the leaves
- oil or resin in the leaves
- amount of dead matter (leaves and twigs) remaining on the trees.

When choosing a species for the purpose of being fire retardant determine the amount of water the trees will receive, as leaf moisture content remains high on many species only if they are watered often. However, if they are solely reliant on rainfall, genera such as myoporum and atriplex have a naturally high leaf moisture content and require less water than the average rainfall may give.

When making a choice of trees for windbreaks, it is worthwhile considering the aspect of fire-resistance and the likelihood of recovery or regeneration after a fire if these trees are burnt. For example, most eucalypts will recover while many of the wattles and species commonly used do not, although in many cases the fire will germinate seed leading to regeneration of wattles.

With respect to spark-screens of trees and shrubs around buildings, many people assume that it is only exotic species that are nonflammable enough to employ in this matter. Certainly many deciduous trees are suitable for this purpose, and some evergreen garden species such as photinia, however,

SUITABLE SPECIES	Height (Metres)	Min Rainfall (mm)
<i>Acacia baileyana</i>	8-10	500
<i>Acacia elata</i>	12-18	450
<i>Acacia howittii</i>	4-8	550
<i>Alnus jorullensis</i>	6-10	650
<i>Atriplex nummularia</i>	1-3	200
<i>Casuarina cunninghamiana</i>	10-20	550
<i>Eucalyptus maculata</i>	15-30	500
<i>Grevillea rosmarinifolia</i>	2-3	550
<i>Hakea laurina</i>	3-6	450
<i>Hakea salicifolia</i>	3-6	600
<i>Hakea suaveolens</i>	2-4	500
<i>Indigofera australis</i>	1-2	300
<i>Melaleuca ericifolia</i>	3-5	450
<i>Melaleuca halmaturorum</i>	3-6	450
<i>Melaleuca lanceolata</i>	3-6	450
<i>Myoporum insulare</i>	3-5	550
<i>Photinia 'Robusta'</i>	5	550
<i>Photinia glabra</i>	2-3	550
<i>Pittosporum eugenoides</i>	4-5	650
<i>Pittosporum tenifolium</i>	3-6	650

LESS RISK

Salt-rich Plants

saltbush, boobialla (seaweed makes a good low burn mulch)

Succulent Ground Covers

pigface, ivy, strawberries

Deciduous Trees

fruit trees, oaks, maples, elms, poplars, willows

Introduced Hardwoods

peppercorns, pittosporum

Introduced Conifers

pinus, firs, cypresses, cedars

Eucalypts

smooth-barked varieties are safest.

Some Native Shrubs

acacias, melaleucas, callistemons, grevilleas, hakeas, tea trees, banksias

MORE RISK

experience has shown that, among the natives, acacias can often be used to retard fire (blackwood is a possibility), and that boobialla is very good in judiciously placed shelterbelts around the home paddock.

Eucalypt species with a stringy bark should not be employed in fire-prone situations as fire can readily climb up the bark into the crown. Some gum-barked types may be suitable. On the other hand, during severe fires, the curled up flakes of thin dried bark characteristic of some species of gum are one of the worst causes of spot fires breaking out well ahead of the main fire front due to airborne burning litter.

The other useful indigenous group is the grasses, in particular kangaroo grass, which does not dry off till mid January most summers, compared with introduced phalaris which is often cured in November (and grows rank if not well grazed).

In addition to trees and shrubs planted for fire protection and shelter to the house, fire-resistant ground cover plants are helpful in reducing the spread of flames around the base of buildings. They are succulent, high-moisture plants (some in the cacti family) that will grow in dry conditions and are sometimes more suitable than grass.

The species mentioned in the charts are available from the Natural Resources Conservation League, 593 Springvale Rd, Springvale South 3172. Ph: 03-546-9744.

This article has been reprinted from *Trees and Natural Resources*, Vol 34, No 4, Dec 1992. See page 31 for subscription details.

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THE SELF-SUFFICIENCY SHOPPE

Change and Growth

by Lucy Taylor, Plympton, SA.

About two years ago I (and my husband Tom) read about Pam and Phil and their Self-Sufficiency Shoppe in GR 85. Being a self-sufficiency addict myself I found the Shoppe and its philosophy very inspiring. Even more amazing was the fact that Pam was a long lost friend from our nursing days, so we just had to get together! Since then our relationship has strengthened and both Tom and I have gradually become involved in Pam and Phil's venture. But it wasn't until Tom became unemployed and we began to feel the squeeze financially that we joined up as distributors for the Shoppe.

Although we have a little block of land in the Adelaide Hills (which we share with a variety of animals) living as self-sufficient a lifestyle as possible, we still needed to supplement our income to make life more comfortable. What's so great for us about being involved with the Self-Sufficiency Shoppe is that not only do we gain financially, but we are also doing something we both love – talking about and promoting self-sufficiency as a way of life to people of both city and country.

ABOUT THE SHOPPE

Since the article about the Self-Sufficiency Shoppe appeared in GR there have been many changes. The Shoppe is no longer a 'shop' (as in a retail outlet) it is now a strongly home-based enterprise with more unified community involvement through a network of distributors (who sell from home) and selected retail outlets. Pam and Phil have found that this concept works much better, fits more with the theme and philosophy of the Shoppe and its products, and makes the Shoppe more accessible to everyone (Australia-wide). It also cuts down on the crippling overheads and saves on the hassles of trying to run a busy retail shop as well as manufacturing the products and publications it sells.

So, basically the Shoppe sells wholesale to its distributors (who in turn sell to their customers) and retail outlets which choose to stock the Shoppe's products, plus it still offers mail order to customers who prefer that avenue of sale.

We've found that there is an ever increasing number of people who want to know more about being self-sufficient, not just for want of a more natural lifestyle, but as a necessity for surviving the current hard times. They've discovered that it's much cheaper to make their own than to continue reinforcing the self-defeating cycle of supermarket buying. Added to this there is also an increasing lack of faith in commercial products due to their impact on the environment. People have realised that at least if they make it themselves they have more environmental control and they know exactly what their homemade alternative contains.

WHAT DOES THE SHOPPE SELL?

Basically it produces and sells products aimed toward encouraging self-sufficiency. However its mainstay is a range of Self-Sufficiency Starter Kits which are instigators for people to commence making and creating their own homemade alternatives to mass produced consumer products.

These kits cover a broad range of self-sufficiency topics and home crafts including a paper making starter kit, a natural

insect repellent starter kit, a homemade cosmetic starter kit, soap making starter kit, a do-it-yourself sprouting kit, candle making kit, flower press starter kit and much more. Kits also exist for the 'Back-to-Basics' range of products covering homemade polishes and cleaners (beeswax based), deodorants, lip salves and creams, tooth powder, shoe polish, white-wash and more.

Kits contain, where possible, some of the basic ingredients required to make their products. These materials are also available separately, with the Shoppe focusing strongly on having as many raw materials as possible easily accessible and available to all. It now has about 150 general items on its basic materials list which is continually increasing.

Other items available through the Shoppe include soap savers, soap moulds, fly paper, old-fashioned pump-action insect sprayers, candle wicks, beeswax, dried herbs, natural herbal oils, cheesecloth, and much more. We also have a range of recipe and resource pamphlets covering numerous topics to help educate people about self-sufficiency. So far the pamphlets available number 36, with our aim being to reach 100.

Die-hard self-sufficient lifestylers may not consider the kits necessary, but not everyone is that courageous. Some might be able to roll up their sleeves and get stuck into something without a second thought, but most people are not so brazen (or mad, whatever the case may be!). I've found that you can talk until the 'cows come home' about how to do something, about its benefits, advantages, savings, but actually getting around to doing it (gathering the information, collecting the equipment and materials, facing the failures) is another thing.

Most people are apprehensive about taking that first step. The starter kits encourage beginners to try something new by supplying the basics complete with clear instructions and answers to all the 'what ifs'. They help allay any anxieties and unsureness. I have found that supplying people with starter kits really gets them moving and opens new doors to self-confidence and self-reliance, whilst at the same time teaching them ways to save money. The kits also make very practical and unusual gifts for family and friends.

All the Shoppe's products are created with environmental issues in mind. Customers are encouraged to re-use empty containers by refilling, or by returning them to their local distributor for a refund off their next order. The kits themselves are made and packed by helpers in their homes with a percentage of the price of the kit paid to them for their time. Pam and Phil are in charge of co-ordinating this aspect of the Shoppe, based in Adelaide. They are on the look-out for interested helpers, so if you live in Adelaide feel free to contact them.

The Self-Sufficiency Shoppe puts together a newsletter called *Alternative Measures*. It will tell you a lot more about the Shoppe, its products, prices, how to order, your local distributor. It also contains some useful information and articles. The newsletter is free, but we ask that you send two postage stamps to cover postage and paper costs. For enquiries about any of the above, or about becoming a distributor, please contact: Tom and Lucy or Pam and Phil, C/- PO Box 673, Plympton 5038.

STEPPING OUT OF THE RUSH

Life in the Mallee

by Vivienne Manouge, Angaston, SA.

In my early twenties I was pensioned off from a well-paid public service career because of a nervous disorder. The symptoms included debilitating pain and deep-felt dread. I stayed home doing handcrafts and reading whatever I could about health. That was in the early seventies. The earth's future looked grim. Affluent nations were leading the world in a headlong rush towards suicide – if not by nuclear war, then by wholesale destruction of the environment. Believe me, it was worse then. They were still calling it progress! I couldn't stop the rush, but I could step out of it, and I knew that my health and sanity depended upon doing so. From early issues of *Grass Roots*, *Earth Garden*, and similar American publications full of positivity, I knew I wasn't alone.

My backyard was one of thousands in Australia that acquired chooks and a vegetable garden at that time. I learnt to make compost. I made bread, cheese and yoghurt. I aimed my craft in a more practical direction, and looked for land.

In 1978 I found about 33 hectares two kilometres from the River Murray, right on the 250 millimetre rainfall line. It didn't have power, water, house, phone, fences, or close neighbours. It did have rare wombats, echidnas, kangaroos and emus, and a wealth of reptile and bird life. It had patches of mallee scrub and scattered sandalwood, plumbush and quandong, wattle and melaleuca, bluebush, saltbush and hophbush. There were thin-soiled limestone flats and occasional deep-soiled dongas, with speargrass and burr clover and small but fascinating wildflowers, and the bed of an extinct watercourse strewn with fossil-bearing rocks from an ancient seabed. I bought it and moved there with three friends – of whom Helen is the only one who is still here.

We had great plans: a hand-built mud brick house, solar power, our own fresh-water bore, elaborate stock yards, and cash crops to help pay the rates and keep the ute on the road. What more would we need? Meanwhile, Helen kept her full-time job. For all kinds of reasons we procrastinated. We put a pump down by the river with two kilometres of polypipe rising fifty metres to our tank. We dug a pit toilet, (since replaced by a composting system), planted gardens and fenced over three hectares (since extended) for our two milkers and five angora goats which we'd bought soon after we arrived. But not much else. For four years we lived in tents and, finding them mostly unnecessary in our mild climate, we ended up storing our possessions in them and sleeping outside. We'd wake up with dew on our faces and warm up by the campfire.

During that time we learnt a lot – about gardening, campfire management and cookery, herbal medicine, animals both wild and domestic, the bush, the kindness of country people; and about ourselves – what our resources are, and how little we really need. Not surprisingly, friends and relatives and some locals were appalled, and to appease them we moved into caravans. It's still my ambition to build a small house – I've been practising building techniques on small mud and stone structures – but those years outside remain the happiest years of my life so far. I consoled myself by stripping my caravan of its poly-poisonous-pith insulation and mud-rendering and whitewashing the walls. It's healthier to live in, looks good, and the whitewash doesn't flake off. I must admit it's easier to look after the few things we do need: books, cassettes and player, musical instruments, typewriter and foodmills, and other tools and utensils that don't fare well in hot, dusty tents;



Mud brick pyramid (in the foreground) used for maturing cheese and yoghurt and sprouting seeds. Incomplete experimental stone and mud structures are at the back.

or cold, leaky ones for that matter! However, most of our satisfaction comes from the work we do and the beautiful environment we live in, and not from what we own.

The goats are a joy to me, most of the time! They enjoy good health on this rough pasture, and their fleeces, despite the clover burr, are lustrous and fine. Our milkers are hardy scrubbers, giving useful amounts of milk on natural pasture with only a small supplementary ration, and not much goes wrong with them. They're good tempered and affectionate. All told, goats supply us with milk, meat, mohair and leather.

We fenced off our vegetable garden to allow our twelve chooks free range, but recently, when they became querulous and flighty, with a feeling of disquiet and purposelessness about them, we switched them to deep litter. In their new homes they calmed down and got on with egg laying, and took over the compost making too. As well as eggs, down for cushions, and feathers for decoration, and the occasional chicken dinner, they process about a dozen barrowloads of weed-seed-free, not unpleasant smelling, nitrogen rich compost every six months or so.

We use herbal medicines for our animals (and ourselves), growing some of them, such as garlic, wormwood, rosehips and rue, ourselves. But the scrub offers its own native and introduced vermifuges, tonics, antibiotics, febrifuges etc, and some of these, such as wild pelargoniums, mustard, radish and turnip, bindweed, mallee, and mistletoe have been useful for our own needs as well as our animals'. The bush also supplies lichens, leaves, fungi, bark, roots and flowers, and even a cochineal-like scale insect for the dyeing of mohair, wool and other fibres. Mallee bark tans our leather and the leaf litter mulches our garden.

The garden was fully organic from the start. We started out with Rodale books and publications and used the information to modify garden advice from books written for Australian conditions. Later we looked at biodynamics, permaculture, Findhorn, Masanobu Fukuoka's *The One Straw Revolution*, Byrd and Backster's *The Secret Life of Plants* and many others. We drew knowledge and inspiration from them all, not committing ourselves to any. But ultimately, in gardening as well as in every other aspect of living, our own senses have been our best teachers. The more they are relied upon, the more reliable they become.

Our first attempts to start an orchard from nursery stock failed. Pump breakdown, goats and other accidents killed every tree. The young orchard we have now, just beginning to be productive, is grown almost entirely from discarded stones, and most of them are growing wherever they sprang up. They'll soon supply us with all the fresh, dried, and preserved fruit and nuts we can use, and we'll be using a lot more of them than we could afford to buy.

We're in a sensitive environment, and naturally, we try to take good care of it. It appears to be practically unspoiled by a century or so of relatively careful sheep grazing, but it has its problems. I needn't have had the qualms I had about bringing my cats here. The overwhelming majority of their prey is young rabbits and mice.

I'm extending my mohair and wool spinning activities to include cotton, kenaf, nettle and linen flax, all of which grow well here. I may even try silk if my silkworms continue to thrive. I've made shoes, sandals, belts, bags and purses, and a hat from leather I made from goat skins and sheep skins. About half my clothing is handmade, either from the raw fleece or from recycled op-shop purchases.

Our mud makes terracotta-hard bricks, and the deeper layers yield a coarse modelling-type clay. Last year I made a mud brick oven that, once heated, burnt to charcoal a one kilogram loaf in ten minutes! Back to the old drawing board! I'm in the process of modifying the design, and I'm going to make two: one considerably cooler for baking bread, and a hotter one for a kiln.

In a small mud brick pyramid I sprout seeds, make yoghurt and cottage cheese and dry herbs for sachets and potpourri. From outdoor drying racks comes dried fruit, more, and different kinds, each year. Fruit leathers are planned for this year.

All our dog's meat is dried on meat drying racks of stretched wire netting, on which a whole goat or hogget cut into thin slabs, can be dried in a few days.

So, has this lifestyle improved my health? All in all, yes. I experienced a crisis in the mid-eighties which kept me bedridden for four years, refusing to see any kind of doctor, depending on meditation, God, and Helen's astounding intuitive skill with herbs and healing (which she had no choice but to discover) to bring me through. That was my nadir. Since then, despite setbacks, I've been growing steadily stronger and healthier. As peace of mind, health and optimism return, I've been reviving talents and rekindling ambitions that I thought had died long ago. I've written and illustrated a children's novel, which is in the hands of an agent, and whether it succeeds or not, it won't be my last. I'm now working on a full length adult novel.

Still I've got time in hand for study, and distance education programmes from various institutions are offering so much these days...

Writing this article has been an illuminating exercise. It really raises the self-esteem to put down on paper just what you're on about. How hard all of us have fought to keep on track. What a tremendous support *Grass Roots* has been - obviously for thousands of Australian and New Zealand 'self-suffers' over these two frightening and difficult decades! All the best with every aspect of GR 100. May it be a resounding success.

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Down home on the farm. . .

by Megg Miller



When most couples first meet, they quickly develop stars in their eyes, but with us it was probably farm animals. Despite diverse backgrounds and lives tied to city living, our imaginations were fired by what we could achieve on a small acreage. Livestock was – and still is – our main focus. Instead of frequenting candlelit restaurants in our courting days, we were off hitchhiking around the countryside buying coloured sheep. Even our honeymoon was planned around visits to sheep properties, including one memorable farm which used heavy working horses instead of a tractor. We were ecstatic – and probably it's all we recall of that auspicious week in our lives!

So where did we keep the odds and sods of coloured sheep we had purchased? We were living in a flat opposite the Victoria Market in Melbourne's inner city, a most unlikely environment for livestock. Out of town agistment was clearly a priority. Through a set of coincidences it was found some 45 minutes away and so forays were made into the country in a friend's ute to pick up the sheep we had purchased. They came from far and wide and together made a motley coloured flock. By the end of the year they numbered 30, my tertiary education had been completed and we all headed north so David could study agriculture at a country college.

Our town block hosted chooks and ducks, goats, poddy calves and the occasional pet lamb over the next two years. This menagerie must have driven our neighbours mad. The sheep fortunately were a few miles out of town. We were young, enthusiastic and self-centred and it is testimony to the patience of those in their middle years that we weren't thrown out of town. We turned the soil and tried gardening but the dry climate and limited tank water prevented any success. The

wood stove however was a different matter and was the keystone to our later path to self-sufficiency. It was a matter of use it and use it successfully, or starve. We chose to eat. The efforts on the wood stove led inevitably to breadmaking and in time word got around and we were asked to take adult education classes. At the same time our skills on the spinning wheel were attracting interest and we found ourselves demonstrating regularly at agricultural shows. The coloured fleeces we were obtaining from our flock were a novelty then and in a modest way we helped pioneer the woolcraft movement.

When David's days at agricultural college finished we relocated to a 100 year old farmhouse on an irrigation property, still with easy access to my teaching job. Here the water table was lapping at the soil's surface and gardens grew by themselves. By this time I was making many of our clothes and we were eating our own meat, milk and eggs and David was developing a small apiary. Our garden too was a generous provider and the large house we were renting lent itself to communal living. It was at this stage GR was born.

As the house resounded to the hunt and peck of two-fingered typists, the additional help of the community enabled elaborate gardens to thrive, routine care to be kept up to the sheep, the apiary to develop and the number of household goats and poultry to increase. We made soap, jam, cheese, beer and jerky, tanned hides, spun and wove, fired our own buttons and played host to an unimaginably large number of visitors.

When Suni was born in late 1974 we were glad to relocate again and establish a quieter lifestyle. Although the new place lacked the easy access to water of our former home it came with five acres and a couple of sheds. A house cow joined the goats,



orphan lambs made nuisances of themselves, purebred fowls and Muscovy ducks abounded and David developed his bee-keeping hobby into a small business with 250 hives. To learn more he apprenticed himself to a commercial beekeeper and spent a day or so a week away with his mentor. Financially life was lean as I had given up teaching, so when we needed additional cash we would advertise our fleeces or honey in the Melbourne papers and for a short time add variety to our diet of home produced poultry and lamb. As Suni grew from baby to toddler and spent her time playing with the goat kids we recognised her need for company and set about taking tentative steps to get together a community of like-minded people.

Several families moved into empty farmhouses in the area, and we worked together on beekeeping and publishing activities, shared a car pool to work and helped each other with gardening and childcare. If we could work together, we reasoned, we could probably live together, and so we left land buying until a later date. The honeymoon period was a tumultuous one and, as is often the case, members separated in all directions, sadder but probably closer to discovering what it was they really wanted from life.

When the drought crippled Victoria in the early eighties, a tract of land we had hankered after since our single days came up for sale and we were able to buy it. Until this point all rural projects had been on rented land. Livestock were going cheap too so we were able to stock our land with carpet wool sheep. We'd sold our coloured flock prior to this, tired of the complications associated with agistment and sensing the change in direction towards purebreds that was emerging amongst coloured flocks. The Drysdales were well suited to the wet cold winters on our land, but were later to prove too demanding, their twice yearly shearing coinciding with publishing deadlines.

With sufficient acreage we could consider cattle now, and started slowly building up a herd of Dairy Shorthorns. This old-fashioned breed had long been a favourite, the placid roan coloured cows displaying the mothering qualities we, as absentee landlords, regarded as all-important.

As Suni grew older we discussed moving to the farm and the sort of house we would like to live in. Not once did we ever agree. So time passed, and the miles clocked up in the vehicles as David travelled backwards and forwards increased, as did stock numbers. The Shorthorns struggled to maintain condition in the cold and feed their calves generously, and we were forced to consider an alternative breed. In the herd were one or two Highlands, the result of a rash Christmas gift one year; they thrived in the cold rugged terrain.

When Suni decided she wanted to go to boarding school for her secondary education we weren't surprised. It's a lonely life on a farm for an only child and we knew her imagination had been fed by years of devouring Enid Blyton's boarding school stories. Her new life began in Year 7 as a full-time boarder, some 80 kilometres from home. She showed remarkable assurance in taking the step way from a somewhat hippie upbringing to mix closely with children from backgrounds very different from her own. That's not to say she didn't feel pressured at times, or even disadvantaged, but with a lot of pluck she found a niche for herself.

With David busy with sheep and cattle and Suni away, I started to develop the poultry in earnest. We kept them initially for eggs and for the table, but when more species were introduced (and other dropped) I became fascinated by the differ-

ences between breeds. The chook collection grew, turkeys prospered, the peafowls ran away, the quail escaped, and a fox ate the ducks and geese. We ventured into showing and breeding, bought top quality geese and settled for a handful of Muscovies because of their quietness; the raucous noise of other breeds seeming to attract the fox. Flighty Feathers Fowlery was launched and for months on end we were tied to the place supervising the incubator or brooders.

Today our lives still revolve around our livestock and we make considerable sacrifices to achieve the aims we have with them. It would have been simpler and probably cheaper to have felt an affinity for plants and trees, but obviously it wasn't to be. We've rationalised our commitments as the years have gone by, the bees and sheep being two to go. Our plans have modified and altered. As the climatic pattern too has changed our farm has become inappropriate. We seem to have lost the all-important autumn rains and without these there is no winter pick. It became economically more sensible to lease irrigation land with its year-round pasture than buy in huge quantities of hay each year. Our herd of Highlands has increased many fold, and they've been joined by a second breed, the French Salers. Between them they keep David out of trouble and when the irrigation season commences we almost have to make an appointment to see him. Long term we will probably buy an irrigation farm, but for the present leasing suffices and there is still our own farm land to dispose of!

My field – poultry – takes up any spare time I have, resulting in a love/hate relationship. Birds are labour intensive so there is little opportunity to get away and, with so many sheds on the place, relief workers are not forthcoming. I only run the incubator every second year now; during a breeding year the numbers swell by several hundred. Not surprisingly, David has developed an aversion to poultry en masse and is always happy to flee back to his bovines.

And Suni? She's proved to be a great role model for alternative youth. She's retained qualities synonymous with those seeking independent expression and survived and even enjoyed life in the big wide world. She's made decisions about her life well in advance of her years and enjoyed the benefits and challenge of life as an exchange student. Most interesting of all is that academically she hasn't been disadvantaged by our type of life; possibly it has helped her be a more discerning thinker. It's too early for a career choice yet, but with her experience in decision making she's well equipped to choose the right field. To all intents and purposes she is a city slicker now – and loving it – but I can leave the Fowlery with her for a weekend and know she'll do a terrific job. She's had the limelight forced upon her from an early age and come through it to be an intelligent and responsible young adult.

And that sums up two decades down home on the farm. We're not the people we were when we first started. Emotionally and spiritually our lives have bobbed around like a buoy in the ocean. We started off doing a little of everything in a manner conducive to self-sufficiency but we've ended up becoming specialists. As high achievers we're devils to be around or live with, although time has tamed many of our demons. A quiet, simple existence is what appeals most and our separate commitments encourage this. The future? Who can predict? We've always lived in the present, it would be out of character to change now. I hope it holds good health; with that, almost anything is possible.



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CONQUERING ARTHRITIS – Suzanne Porter

Written from the author's own experiences after having been diagnosed as suffering from osteoarthritis in 1981, this book will give new hope to thousands of arthritis sufferers – not for a cure, but for pain-free management. After having changed her diet and lifestyle, as she comprehensively describes in the book, the author achieved quick relief from her debilitating symptoms and has been in remission ever since. The bulk of the book is about food, with lists of 'go', 'caution' and 'stop' foods and many recipes which show that a restricted diet need not be a boring one. However there is also sensible advice about many other lifestyle aspects including exercise, positive thinking, meditation and weight control. The author stresses that once a patient has been diagnosed this programme is for lifetime management; it will not cure the condition, but will allow many suffers to enjoy a normal pain-free life.

P/b, 124 pp, Penguin/Viking O'Neil, RRP \$18.95.

THE SCENTED GARDEN – Pamela Allardice.

This book is a complete guide, alphabetically presented, to growing and using scented plants anywhere around the house or garden including in window boxes, balcony tubs, raised beds and scented bowers. Plant descriptions include information on scent and appearance, as well as planting and cultivation advice and stories of historical usage of plants in religious rituals, medicine or cosmetics. Recipes are included where appropriate. The book is beautiful illustrated with colour photographs and is a joy to handle and browse through, as well as being extremely practical. It makes a great gift or a satisfying self-indulgence.

H/b, 201 pp, Angus & Robertson, RRP \$35.00.

FIRST AID, FAST and SIMPLE – Dr James Witchalls & The Aquatic Safety Group.

If you are a teacher, a parent or anyone dealing with young children this book should have a prominent place on your bookshelves. It is a practical guide for dealing with all manner of childhood emergencies, presented alphabetically, from asphyxia to poisoning. Instructions are simply written in step-by-step format and large type, each step being clearly illustrated with uncluttered line drawings. The book is so clearly and simply presented that it is ideal even for use by older children who often have to take care of younger siblings. A separate section allows space to record children's medical history and emergency telephone numbers, and also lists household poisons (with phone numbers of Poisons Information Centres), poisonous plants and animals. The very reasonable price makes this excellent book accessible to all.

P/b, 127 pp, Angus & Robertson, RRP \$9.95.

TONIA TODMAN'S HEIRLOOM SEWING BOOK – Tonia Todman.

The author believes that we should use the things we love, not put them away as being too precious to use. This belief even carries through to the beautiful craft of heirloom sewing. Where once this delicate work would have all been done laboriously by hand Tonia Todman's method is adapted to meet the needs, and utilise the conveniences, of our faster-paced modern lifestyle. Machine stitching replaces all that intensive hand work and pretty modern fabric prints complement the traditional whites and pastels. Instructions are clear and well illustrated so inexperienced sewers can start on the simpler projects and have the satisfaction of completing an item both beautiful and useful. Of course, there are more challenging projects for experienced sewers as well. As is usual with Tonia Todman's books, there is all the necessary advice about materials, sewing tips, and a full size pattern sheet.

P/b, 80 pp, Sally Milner Publishing, RRP \$17.95.

CROSS STITCH FOR KNITWEAR – Janet Halgh.

Using the designs and ideas from this book anyone with a minimum of sewing skill can transform their homemade or department-store-purchased knitwear into individualised designer garments. Cross stitch

designs are transferred to garments using charts and waste canvas. Techniques are simple and designs range from the understated to the flamboyant, many of them being adaptations of popular traditional motifs. There are designs suitable for men, women and children, all having comprehensive charts and instructions and being illustrated with full colour photographs. Techniques are clearly explained and illustrated with line drawings. Anyone interested in creating stylish garments for little cost will use the book over and over. It makes a very acceptable gift, or can be used to make personalised gifts for your loved ones.

H/b, 160 pp, Penguin Books Australia Ltd, RRP \$30.00.

FROG AND THE BIRDSONG – Max Velthuis.

One of the hardest tasks parents have is that of explaining the death of a family member, friend, or loved pet to their children. This delightful children's book can help prepare young people for that inevitable time when death touches their lives. With understated simplicity the story evolves of how Frog and his friends find a blackbird lying stiff and cold. At first they think he is asleep or sick, but Hare explains that he is dead and must be buried and that eventually everything dies. However they also discover that life continues and is still joyful. Young children will like the clear, bright illustrations and enjoy the story at face value while absorbing its underlying message of life, death, continuation and joy. Parents can reinforce the message as much or as little as is appropriate to their particular circumstances.

P/b, Picture Storybook, 24 pp, Random House, RRP \$7.95.

MAGGIE'S FARM – Maggie Beer.

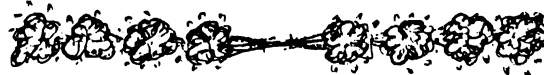
Maggie Beer, and husband Colin, moved to the Barossa Valley 20 years ago to start their pheasant farm. After mastering the breeding of pheasants they opened their farm shop selling pates, terrines, quails and pickled quails eggs direct to the public. 'The Pheasant Farm' restaurant was a natural extension which gave them an even greater opportunity to develop their enthusiasm for food and cooking. The author is an exponent and practitioner of the regional approach to cooking, building a cuisine around the best of fresh, local produce in a classic, simple manner. The book is more than a cookbook. It is liberally garnished with anecdotes and cooking hints, making it an interesting read even if you never try any of the recipes (but who could resist?). The book is organised into four sections, taking the reader-cum-cook on a gourmet tour through the seasons, each section featuring recipes based on the fresh fruits, vegetables and meats which are at their prime. The recipes mainly use the simplest of foods to create a distinctive 'special' cuisine for all those who love to garden, cook, and, of course, eat.

P/b, 261 pp, Allen & Unwin, RRP \$24.95.

THE ART OF KNITTING – Jerry Rogers.

The paintings of some of Australia's finest artists have been skillfully interpreted by nineteen knitwear designers. The designs are vibrant, full of colour and life, each one being photographed in full colour, as are the original paintings they are based on. Comprehensive charts, instructions and illustrations will help knitters to create their walking works of art with a minimum of fuss. However, they are not patterns to be attempted by beginners, some knitting experience, preferably with picture knitting also, is necessary. The designers explain why they have chosen a particular artist to interpret, how they set about the task, and also comment on the use of colour, style and technique in their design. Garments include jumpers, jackets, dresses, two-piece ensembles and shawls, and are mainly for women, however the men and children have not been completely forgotten. Knitters with time on their hands and a willingness to try something new and challenging will be well rewarded in creating a masterpiece of clothing from these superb designs.

P/b, 240 pp, Angus & Robertson, RRP \$19.95.



GRASSIFIEDS

HOW TO ADVERTISE

Use the form provided at the end of the Grassified section, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (all types of property) or 30 cents per word (all other classifications) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666 before the deadline and we'll include your advertisement in the next issue of Grass Roots.

PROPERTY FOR SALE NEW SOUTH WALES

SOUTH COAST NSW, well loved, 3 b/r, fibro cottage, $\frac{3}{4}$ ac, situated on nth bank Moruya River. Extensive cottage garden, assorted citrus trees, fuchsia nursery, horse yard. Town, 2 min walk. Zoned rural Class C. Definite potential for cottage nursery/tourist enterprise. \$120,000. Ph: 044-743-758.

ALTERNATIVE LIFESTYLE, hobby farm, for sale, horses etc. On crk, good pasture, old historic house, near school, village. Electricity, new tanks. Near Muckcrawa Dam & Wellington NSW. Ph: 068-468-279.

CLARENCE RIVER, 1 ac building block, Tabulum (sml town all facilities), great views & position, keen to sell. \$12,000. Ph: 066-322-450.

NORTH COAST NSW, 52 secluded ac, frost-free, chemical-free, trees, trees, trees. Near new, 2 storey, 6 x 12 m timber/Colorbond shed, 10 min town. Very cheap rates, 2WD access. \$45,000. Ph: 066-661-353.

DALTON, GUNNING AREA, 30 peaceful ac with beautiful views. Fully fenced, perm crk crosses boundary. Backs onto state forest. Current building permit. Small dam. Hut with pot-belly stove. Canberra 1 hr, Sydney 2 $\frac{1}{2}$ hr. Owner relocated to Melbourne & keen to sell at \$45,000 ONO. Ph: 048-451-333.

NORTH COAST BRAUNSTON/LANITZA, 20 min Grafton, 45 min Coffs Harbour, 105 ac well timbered, gentle block. Power, ph, sealed rd, much wildlife, not logged for 12 yrs. Creek, cleared homesite, $\frac{2}{3}$ fenced. Reduced price from \$85,000 to \$74,000 for GRs as we wish to retain this block as bush, not for clearfelling. Ph: 065-696-240, or message, 066-511-689.

ASHFORD - FAR NORTH NSW, f/hold property, $\frac{1}{2}$ ac, town centre. Spacious, double-fronted shop, bay windows, French doors etc. Commercial sized kitchen, cypress woodgrain office, potential coolroom, laundry with automatic w/machine, c/port, warehouse, ladies/gents sewerer toilets. Huge, sunny backyard, NE aspect, apricot, apple trees, herb gardens. Residence has 2 $\frac{1}{2}$ b/rs, bathroom, lounge room with o/fire, ceiling fans etc. Has operated previously as very successful cafe, minimal costs to re-open or many other possibilities. Partner says: 'sell'! Price was \$64,000, now \$55,000. On-site, 22 ft c/van incl. Excellent opp for family run business with primary/high schools right opposite. Ph: 067-254-270, 067-324-473.

SOUTH COAST, NERRIGUNDAH, Turross Valley, NSW. Rambling 130 yo w/b home of over 20 sq. Wisteria covered verandahs & delightful cottage gardens, f/trees, abundant water supply, paddock complete with cow &

teashop to run if it takes your fancy. A lifestyle to envy on approx 2 ac in a sml village, 20 min from the Princes' H'way, serviced by daily mail delivery, high school & primary school bus run. Yours for around \$140,000. Ph: Maureen on 062-491-561.

NORTH COAST, DORRIGO PLATEAU, solid rosewood w/b house, $\frac{1}{2}$ ac block. Variety, organic fruit, nuts, natives, exotics. Large 40 x 40' work shed, ideal sml business. Power, ph. Sealed rd, nth Dorrigo Village. \$82,000. Ph: 02-550-0942.

SOUTHERN HIGHLANDS of NSW, half way between Canberra & Sydney. Secluded but not isolated ac with cabin. Water, elec, ph, avail. \$75,000. Ph: 048-844-263.

MID NORTH COAST, 40 ac, 3 km sth of Yarrapini Mtn, 5 km west of Trial Bay & SW Rocks. Wholesome 3 b/r double sandstock brick & timber home. Cape Cod style with polished timber & slate floors. Verandahs all round, solid timber kitchen with blue gum benchtops, gas stove, power, ph & wood heater, chemical-free orchard, 3 dams, 1 spring-fed, estab gardens, school bus. \$138,000. Ph: Greg on 065-650-163, 065-627-355 BH. 123 Kawana Lane, CLYBUCCA 2440.

AGNES WATERS, 150 km NE Bundaberg, 5 ac rural bush block, gentle rise to rear with some views. Surrounded by rural sites which have been built on. Power, ph, water & sewerage avail. Close to shops, schools, 10 min walk to last surf beach before Barrier Reef. \$45,000 ONO (must sell, div settlement). More info, ph: 02-570-4524.

HUNDRED ACRES, 27 km west Grafton, tall timbered mtn midway. Comfy dwelling & out-buildings, megalitre dam, some irrigation, solar power, many extras. \$58,000 ONO. Ph: 066-473-292.

PRIVACY, VIEWS, INCOME. North near Murwillumbah, 16.5 ac f/hold overlooking Tweed Valley & Border Ranges. Frost-free, backs onto state forest, 1 hr to beaches. Has 2000 banana plants, 40 other f/trees, gardens & lawns, about 10 ac old growth forest. Comfortable 2 b/r dwelling. Established business, making windchimes & woodcraft supplied to outlets along the coast plus income from bananas. Asking price \$125,000 ONO incl all plant & equipment (tractor, generators, tools, special jigs etc) stock on hand, training in banana growing & chime making & introduction to retail outlets. Ph: Steadson 066-793-161.

CANDELO, FAR SOUTH COAST, quiet treed blocks which adjoin dairy farm near Tantawangalo. Power, ph, school bus, sealed rd. Close beaches, nat pks. From 5 ac. \$45,000 up. Ph: 064-932-252.

BARADINE, TWELVE ACRES, 2 b/r fibro house, backs onto crk, power, ph, 1 km town, 2

x 1000 gal r/w tanks, bore with 2000 gal tank pressure system, pig pens, fully fenced. \$42,000. Ph: 076-762-425, 068-431-764.

CENTRAL NSW, 2500 ac, good sheep & cattle country, 6 good dams (proven gold, 2 current leases), 5 miles Tullamore. Real bargain. \$165,000. Ph: 068-925-175.

COPMANHURST, NORTHERN NSW, 120 ac bush block. \$40,000. Ideal investment. For details ph: 066-473-347.

EDEN (NETHERCOTE), 80 ac of undulating lush forest, partly cleared, ocean views, close to town & beaches, borders with state forest. Telecom/elec close by. Forced sale, bargain. \$65,000. Ph: 06-297-3808.

LOWER BELLINGER VALLEY, nth coast NSW. Beautiful 100 yo farmhouse on fertile 5 ac. Part-cleared, flood-free, suit permaculture. Large timber house with 2-3 b/r, lge verandahs, big ceilings & o/fire. Garage, shadehouse & lge shed. Close to beaches, 11 km from Bellingen, 20 km from Coffs Harbour. \$180,000 ONO. Ph: Tom 02-949-1179 AH.

BUSH RETREAT, 72 ac f/hold, all timbered, 80 min Tamworth, 15 min nat pk, 5 min to reserve with river, waterfalls & trout fishing, 5 min school bus. Phone, good car access, high country, beautiful climate, east aspect, 38 inch rainfall, plateau with big views, secluded valley with good deep dam, building permission, dual occupancy allowed. Very quiet & peaceful with plenty of bird & wildlife. Was \$42,000, now \$35,000 or best offer. Great value, must sell soon. Ph: owner 067-831-446 AH.

TENTERFIELD, 120 ACRES, cleared flats to heavy timbered ridges. Absolute peace, glorious views, crk, 15 min Tenterfield, 15 min Glenn-Lyon Dam. \$40,000. Photos avail. Ph: 049-695-257, 049-688-224.

SECLUDED VALLEY, NEAR RAINFOREST, 33 fertile ac, frost-free, Steiner school, healing centre. \$59,000. Taeni, Barkers Vale, KYOGLE 2474. Ph: 066-897-231.

NIMBIN, NORTHERN NSW, well estab sml friendly community. Interesting architect designed, U-shaped, cedar house, 1 room octagonal with leadlights, meticulously crafted, built almost to lock-up, pine cathedral ceilings throughout, 2 b/r, 120 m² + verandah. Separate log cabin, c/van & timber annexe. Permanent water supply, solar power & gas, ph. One of the best sites, magnif mtn & valley views. \$69,000. Greg & Maggie Lovell, Box 265, ASHGROVE 4060. Ph: 07-366-0415.

CREEWAH, NATURAL BUSH, 44 ha, rd frontage, undulating, suit retreat, 2 $\frac{1}{2}$ hr Canberra, 1 hr coast. Peace & quiet. Asking \$42,000. Ph: Stewart Lee 064-583-618 AH.

CONVERTED CHURCH ON $\frac{1}{2}$ acre, in quiet village near Cowra, 3 b/r plus w/shop, estab vegie & herb garden, f/trees. Peaceful, child-

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friendly environment. \$42,000 ONO. Ph: 063-443-587.

UNSPOILED BUSHLAND in hills near Eden, last 2 blocks! 120 ac with long crk frontage, \$75,000. 100 ac, almost an island, with east & sth boundaries a crk & nth bndry river, \$85,000. Both well forested & both perfect to share. Please write to: 'Bush Lovers', PO Box 59, LEURA 2780. Ph: 047-824-856/841-020.

WOLUMLA, SIX ACRES, 3 b/r, 16 sq house, wholesale nursery, 2 tunnel houses, lge shadehouse, orchard, mains power & water, bitumen rd frontage. Tons of potential. \$150,000 plus stock SAV. Ph: 064-949-165 AH.

A MOUNTAIN RETREAT 15 min from Coonabarabran. Imaginatively designed, open plan, mud brick house with all mod cons, 2 storey, solar power with option of mains power, 2-3 b/r, lge kitchen with slate floors & walk-in pantry, cathedral ceilings, oiled cypress pine floors, picture windows, some stained glass windows, local slate paths in rabbit-proofed house yds. Next to Warrumbungle Nat Pk & Siding Spring Observatory, 118 ac with f/trees, fenced vegie patch, 80 ft waterfall, scenic bushwalks on head waters of Castlereagh River, abundant wildlife at door, no mossies, ticks or leeches. Excellent business potential, tearooms, cabins etc, on sealed tourist rd. Owners truly regret sale. \$180,000. Ph: 068-422-292.

NORTHERN NSW, 1/2 hr from Murwillumbah, 6 1/2 ac, cedar home with verandahs, 2 b/r, independent power. Gardens, lge orchard, poultry run, fenced paddocks, crk. An attractive property. Secure company title. \$125,000. Ph: 066-793-507.

EDEN-MERIMBULA, NSW, on highway 91, 15 km east of Cathcart, 800 m, overlooks Bega Valley & ocean. Only f/hold in Tantawangalo Forest, temperate r/forest, red/black basalt, vegie/dairy country, springs/crk, power/ph lines. Tranquil retreat, 1 1/2 hrs skitube, 2 1/2 hrs Canberra, 45 min Pambula/Eden, school bus Bombala. Multiple occupancy allowed, can be subdivided into 25 ac lots, 4 already approved. 100-165 ac lots - \$800 ac. Ph: 042-844-201, 064-956-962. Fax: 042-840-555.

DRAKE, NORTH-EAST NSW, 107 ac sub-tropical hilly bushland backing onto Plumbago River. One dam & onsite c/van. Sell \$40,000 ONO. Consider swap for Vic property with water, power, lge shed. Ph: Hans 03-754-6500.

QUEENSLAND

SAPPHIRE FIELDS. Brick & steel house, 2 b/r, hilltop views, power, ph, 5000 gal tank, double car shed, tool shed, aviaries, terraced garden, dog-proof fence, 1/2 acre. Close shops, PO, school bus, medical centre, quiet location. \$110,000. Ph: 079-854-373.

REDLAND BAY, THREE b/r, brick, 20 perch block. Close to water, transport, shops, hotel, school. Nice sea breezes. Lovely area. \$112,000. Ph: 07-206-8621.

ALMOST COMPLETED, ROUND, mud brick, 3 b/r home: 6000 gal rainwater tanks, 2 sheds, fully fenced, large dam, electricity on road. Gas stove, fridge, hot water. Home 240m², land 15.5 ha, south-east Qld. \$76,000. Ph: 076-223-860.

KIN KIN, NOOSA HINTERLAND. Original Queenslander built of beech, 1/2 ac plus, fully fenced, 3 b/r, granny flat/studio/business. New roof, wiring, plumbing, stumps & paintwork. Estab garden, nothing to do but enjoy. \$150,000. Ph: 074-854-327.

MILLAA, NORTH QLD, 3 b/r house, 4 ac, r/forest setting, beautiful walk to nat pk, waterfalls, river. \$65,000. Ph: 066-895-435 AH.

FREEHOLD LAND, 3 1/2 ac, beautiful, situated close to town. Sealed rds, elec/water connected, ph avail. Price slashed to \$35,000. Write to owner: Mr N De Boer, PO Box 1912, TOWNSVILLE 4810.

MOUNTAIN VIEWS, 15 ac, very private, self-suff type home, forest & cleared. Dam, crk access, 10,000 gal concrete tank, gardens, 2 garden sheds, new 8 x 12 m w/shop/office. All weather 2WD access, 40 min to Coolangatta, 20 min to Murwillumbah. Video avail. Permaculture area. School & shops 15 min. Palmview Hamlet. \$95,000. Ph: 018-984-667.

CONONDALE, NEAR MALENY, 4 yr old, 3 b/r colonial home, front & back verandahs, beautiful mtn views on 3.5 ac, 80 irrigated f/trees. Plenty of water plus dam, bore, cow bales, calf pen, crush & ramp, chook run, all fully fenced into separate paddocks. Two large steel sheds, 2 c/ports. Five min to primary school, shop. Value plus at \$160,000. Ph: 074-944-617.

ATHERTON TABLELAND, 170 ac fine wet sclerophyll eucalypt forest, bordering World Heritage area. Permanent crk & good access, 13 km to schools, shops, hospital & two hrs to Cairns. Roomy 2 b/r, M/B attractive house, 2 lge b/r upstairs open plan down. Verandahs all round, bathroom & 2WC, Rayburn & fireplace. Gas & efficient 12/240V solar power system with generator backup. Mains power on block if wanted. Elevation 3000 ft plus. Good climate & beauty & privacy w/out isolation. \$230,000. Ph: 070-962-168 AH.

BOGANTUNGAN, 30 min west of Willows, Gemfields, 20 ac fully fenced. House, donga, sheds, stockyards. Fully equipped bores. Tractor & implements incl. \$70,000 ONO. Ph: Merle 079-855-361.

DEADLINES: GR 101 - DECEMBER 17th

GR 102 - FEBRUARY 25th

SUNSHINE COAST, CONONDALE, 30 ac of fertile ground sheltered by the Conondale Ranges, double storey brick home. Solar & generator power, fish-stocked dam, tropical orchards, goat/sheep runs, pasture & timber & r/forest crk. Farm developed on permaculture & organic principles & close to Crystal Waters Permaculture Village. Seeking new & loving owners. Ph: 074-942-904.

COLLINSVILLE, NORTH QLD, 3 b/r, highset house, lge downstairs rumpus room. All conveniences, air conditioner, walk schools/shops/hospital. Currently let for \$100/wk, 3/4 hr drive to coast, 90 min to Whitsunday Islands. \$37,000. Ph: Mark 066-351-496 BH, 066-351-292 AH. Fax: 066-351-496.

SUNSHINE COAST, 4 b/r pole home, 10 ac, dam, orchard, pens, shed. Solid timber. School

1 km, bus to door, 1/2 hr Noosa. Fully fenced, partly timbered, registered farm. \$180,000. Ph: 074-851-921.

NATURE RESERVE, granite belt area, 90 ac bush, f/hold, 20 ac cleared. Cabin, dam, tanks. Organic garden & orchard. Power on block, several outbuildings + solar. \$105,000 ONO. Ph: 076-837-187.

ANDERLEIGH, 30 MINUTES NORTH of Gympie. Three handmade homes, mud brick timber & stone, (5, 4 & 1 b/r) + shed + income-producing nursery on 40 ac. Two frontages, 5 dams, u/grd mains power, school buses primary & secondary, 40 min to Tin Can Bay & Fraser Is. Abundant wildlife, surrounded by state forestry. Will sell as whole or in parts. Ideal 2-3 families. \$240,000. Ph: 074-451-241 or 074-857-135.

SCENIC HOBBY FARM, 14 ac (can be subdivided), solid wood panelled 2 b/r home, lge b/bs, s/c stove. Fully fenced, stockyards, sheds, crk runs through, plus bore. Diesel generator & ph, school bus & mail service daily. Private & peaceful with great bushwalking & bird-watching at doorstep. Major town 20 min, 2 hrs Brisbane. \$98,000 ONO. Ph: 076-679-207.

THIRTY FERTILE ACRES near Gin Gin, west of Bundaberg. Undulating country, mostly gentle slopes, with good dam sites. Native trees, partly thinned out. Rich loam soil, suit grazing, most crops, some trees. Good homesites with nth aspect. Most goods & services avail in Gin Gin. \$26,000. Ph: 071-572-736.

A-FRAME HOME, solar power, lge covered verandahs, organic orchard/vegie gardens, permanent water, great views, 1 ac, 2 hrs west Cairns. Ph: 070-970-214.

FERTILE SCRUB SOIL, 20 ACRES, 100 km west Mackay. River frontage, stone cottage, 850 estab citrus trees - micro irrigated, 250 native trees. School bus, power, ph, fully fenced. Cattle, poultry incl. Situated Eungella Range. \$130,000. Also acreages Finch Hatton Gorge. Ph: Graeme Ware 079-583-166.

SELL: SOUTH-EAST QLD, 175 ac, fully fenced, mostly natural bushland, some clearing & improvements, 3 full dams, 3 b/r home newly painted, septic, generator, power. Close to smt town with all amenities. Must sell. \$125,000. Ph: 076-531-232.

EASY PICKINGS. Over 420 ac, spectacular water & Qld hinterland views, crks, fertile soil, good timber, close surf beaches. Ideal retreat. Forced sale. \$57,990. Ph: 071-531-130.

SECLUDED SANCTUARY, yet 360° views over Lockyer Valley, 100 ac, adjoins state forest with semi-perm clean crk. Frost-free, 12 ac cleared, fencing. Phone, solar/gen powered, 33 x 20' shed, 15 min nth of Gatton, 1 hr Brisbane, 1/2 hr Toowoomba. \$85,000. Ph/Fax: 07-379-5389.

KINGAROY AREA, 90 ac, dam, part fenced, 5000 gal concrete tank. Phone avail, u/ground water avail, plenty timber for building/fencing. \$36,000. Ph: 07-206-3404 AH.

KUMBERILLA, HUNDRED ACRES, heavily treed for log cabins, faces nat pk. Sale due to car accident. \$25,000 ONO. It is what you want it to be. Please write to: M Conroy, 17 Fifth Ave, SCARBOROUGH 4020.

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PROPERTY FOR SALE QUEENSLAND

ESCAPE TO A TROPICAL ISLAND paradise with this 2 storey, 3 b/r upstairs & 1 b/r downstairs, granny flat complex on Magnetic Island, 8 km from nth Qld's largest tropical city - Townsville. Close to beaches, with all council facilities. \$180,000. Ph: 077-251-726.

WHITSUNDAY AREA, organic orchard, 5 fertile ac, 400 f/trees plus grapes. Bore irrigation. Near new 2 b/r house, lge shed, 26 km from Proserpine, 2 km to beach, backs onto nat pk. \$150,000. Ph: 079-473-237.

MOORE: spacious older style home, 1/4 ac, 5 tanks, 4 b/r, 'Louisiana' wood burner. Native trees, lge lock-up shed. Park adjacent, walk to school & river, handy transport to cities. \$65,000 ONO. Ph: 074-247-177.

SEVEN SECLUDED ACRES of virgin bush & granite outcrops only 10 min to Stanthorpe, SE Qld. Power connected, water avail & school bus. High nth aspect with views. \$22,500. Ph: 076-834-360.

SUNSHINE COAST HINTERLAND, 37 ac organic farm, 4 b/r Queenslander in beautiful valley 20 km from Gympie. Estab orchard & vegie garden, ample water. \$160,000. Bond avail. Contact EcoAustralia. Ph: 074-866-156 after 7 pm.

VICTORIA

CASTLEMAINE STONE HOME, 4 b/r, w/room, verandahs, waterfall, lake, 3 ac, vegie garden, lge shed. Town 10 min, Bendigo 30 min, 1 1/2 hrs Melb. Big & beautiful. \$135,000. Ph: 066-882-232.

MUST SELL, 10 1/2 ac of native bush. Includes: 2 lge 1/2 million gal dams, lived-in shed/bungalow 20 x 40 ft, lge housesite with footings poured for a 25sq mud brick home. Raised veg gardens & area cleared for orchards. Fenced 2 sides. Smythesdale 10 min, Ballarat 25 min. Historic gold mining area, good for fossicking, panning & detecting. Great instant holiday home or future project. We did all the hard work, take advantage while you can. Private sale, \$39,000 ONO. Ph: 053-456-484.

ST ARNAUD AREA, 20 secluded ac adjoining state forest. Well fenced, 2 dams, sml shed, cleared level housesite. Plenty of native wildlife. Building permit, no SEC, suit solar energy home. Just 10 min from town, but location at end of winding track guarantees privacy. \$24,000, generous vendor's terms avail. Ph: 054-239-200.

WELL MAINTAINED HOME, 2 b/r with/out, lge kitchen, dining, lounge & bbq area. Also separate building, polished hardwood floor, 36 x 20 ft, as fully equipped & registered tearoom. Many possibilities for this studio: craft, gallery or adaptable to accom. Corner allotment, 3/4 ac on main h'way, estab ornamental, native & f/trees. Large garage. Walk to school, store, hotel, 25 min to coast. \$99,000 ONO. Ph: 052-366-381.

BENALLA, SEVENTY ACRES, house, perm water, SEC, f/trees, vegies. \$120,000. Ph: 057-644-225.

AVENEL, 14 km from the Hume H'way in Strathbogie Ranges, 60 ac grazing land in grape

To avoid disappointment ensure your ad meets our deadline

growing area, 3-4 b/r Hardiplank home, (90% renovated), 50 x 20 shed, lge dam, solar power, very peaceful. \$135,000 Ph: 057-962-593.

GRAMPIANS, 42 ACRES, beautiful natural bush, abundant wildlife, 2 b/r concrete brick house, slate floors, solar/8KVA generator power. Living area with air conditioning, gas heater, o/fire. Kitchen has gas fridge, HW comb stove, gas cook top, separate bathroom, laundry, toilet. Sheds & catchment dam. All weather rds. \$105,000. Ph: 053-836-277.

BAIRNSDALE: This is it! Opportunity. Organic veg garden, heritage f/trees, house & shop front. Located on 1 1/2 ac in Bairnsdale, Victoria's Riviera, surrounded by rivers, lakes, mtns & sea. \$78,000. Tomelayne, PO Box 950, BAIRNSDALE 3875.

LANDSBOROUGH, MUD BRICK HOUSE, cathedral style, 2 b/r, 4 1/2 ac, solar power, wind generator, dam, estab trees/shrubs. \$39,000. Ph: 054-951-087.

SWANPOOL, organic veg farm on Broken River, 35 ac, 5 ac under sprinklers with water rights. Hayshed, machinery shed, good building sites, SEC & Telecom close by. Benalla or Mansfield 25 min. \$85,000. For more info ph: 057-682-522.

CASTLEMAINE 10 min, 3 b/r cedar home, near finished, fully livable, 5 ac beautiful bush, hilltop views, Truebilt garage, 15,000 gal tank water, solar/generator. \$79,000. Ph: 054-724-975.

BUNYIP/GARFIELD AREA, 35 min Dandenong, cosy home on 1 ac, set amid farms. Chook, pig pens, sml paddock, f/trees, garage, c/port, sheds. Home comprises lounge/dining, renovated kitchen & bathroom, 2 b/r, plus laundry/sewing or bungalow. \$115,000. Ph: 056-294-389 AH.

NORTH-EAST VIC, 3 b/r, w/b + fibro house, 3 ac, estab orchard, beside perm crk, sheds, situated in the fertile farming Tallangatta Valley, 90 km Albury/Wodonga. School buses, power. \$90,000. Ph: 060-710-280 AH.

FOR SALE: ROCHESTER, rural outlook on the edge of town. Three b/r hardiplank house on 1/2 ha (subdivision an option). Big shed, estab garden, f/trees in need of TLC, space for animals. \$89,000. Ph: 054-841-514.

SOUTH-WEST OF BENDIGO, at Shelbourne, 29.5 ha (72 ac). Gently undulating country, 3 stocked dams. Plenty of shade trees & some regrowth, 300° views, 20 min to Bendigo. Land unused for last 50 years. \$65,000. Hayhow. Ph: 052-358-258.

GELLIBRAND VALLEY: 2 b/r cottage, lge w/shop, garage, chook yd, f/trees, no-dig garden all organic. Pumping right to Love's Creek, 3 ac, 20 min to Colac. Park-like setting, good fishing. \$120,000. Ph: 052-358-258.

BONONG, EAST GIPPSLAND, 151 ac, crks, ample water, 2 b/r house, outbuildings, 60 ac cleared balance natural bush. No fertilisers or sprays. Suit sheep or cattle. Near Errinundra plateau. Machinery incl. \$130,000. Ph: Stewart Lee 064-583-618 AH.

SITUATED SOUTH OF BALLARAT, this property offers a secluded country lifestyle in natural bush surrounds. The property approx 6 ac, elevated & has a Windsor unit on block. The foundations have been laid for mud brick house & a 7000 gallon tank, plus dam at back. Ph: 018-596-046, call between 8-10 pm.

SOUTH VESPER, 31 ac mtn country, some steep, some undulating, overlooking forest valley, rich red soil. Creek frontage, springs through property. Ten ac *Pinus radiata* 22 yo, 10 ac pasture, balance acacia regrowth. Drive-way & housesite made. Small cabin, made rd, power/ph. Views to Baw Baw. Feng shui indicates pristine terrestrial astrology, suitable healing centre/retreat. \$69,000. PO Box 761, NAMBOUR 4561. Ph: 074-760-059.

FOR SALE, self-suff lifestyle on 58 ac complete with 4 b/r cedar home. Good shedding, yds & water supply. House is set in 2 ac of native gardens, on a hill surrounded by grey box & red gum trees, 10 min Benalla, Vic. \$185,000 ONO. Ph: 060-334-330 AH.

INGLEWOOD, a town with every amenity, 35 min Bendigo, 4 b/r earth house, 2 1/2 ac. Ph: 054-383-398. 4 b/r, w/b, 20 ac. Ph: 054-383-435. 2-4 b/r mud brick, 10 ac. Ph: 054-383-453.

OTWAY RANGES, Lavers Hill, 85 ac r/forest, perm crk, dam, 2 dwellings. Genuine enq only please. \$105,000 ONO. Ph/fax: 03-399-1286.

TASMANIA

WEST TAMAR, Kayena (30 km Launceston), lge brick home built 1980, 4 or more b/r, solar, wood and off peak heating. Large storage space underneath the house. Set on 2 ac, further 4 ac avail for use, sheltered area, private access to the river, self-suff garden & orchard (14 fruit & nut trees), double garage, w/shop & flat in separate building. Situated near Bonny Beach, well known holiday place. Previously used as host farm. \$162,000 ONO. Ph: 003-954-365 after 6 pm.

KAYENA, TAMAR VALLEY, house, 3/4 ac, superb view, securely fenced, orchard 30 trees, lge shed, 1/2 hr to town. \$84,000. Ph: 003-947-366.

LADY BAY, TASMANIA, fairytale setting, house on 25 ac, solar 240/12V power, combustion stove, blackwood/huon pine kitchen, magic views to Bruny Island. \$100,000 ONO. Ph: 002-279-390.

WILMOT, 3 b/r, b/v house, 4 yo. Close school, shops, commute to major centres, 7.587 ha, lush pasture, 9 spring-fed dams. Below market price for quick sale. \$92,000. RSD 514a, WILMOT 7310. Ph: 004-921-153, 004-246-227. Won't last!

TASMAN PENINSULA, FOREST retreat, 22 ac, Koonya Valley. Comfortable cottage & yurt, surrounded by tall eucalypts & r/forest, NE aspect. Lots wildlife/birds. Permanent springwater, organic vegie garden, hydro-generator, solar HW, wood stoves. Close scenic walking trails, quiet beaches, school bus. \$75,000. Also, adjoining 28 ac with studio. \$40,000. Ph: 002-503-329.

BASS STRAIT VIEWS, 27 sq home, 22 1/2 ac, spring-fed dam, approved tearooms or host farm. \$115,000. Ph: 003-823-360.

GRASSIFIEDS

GARDEN ISLAND CREEK, land, 4.3 ac, (Cygnat Municipality), 45 min sth of Hobart. Very fertile, mainly pasture, river front, boat access, 800 m to safe sandy beach. \$33,000. Ph: 002-293-524.

WESTERN RED CEDAR HOME, 3 b/r, on 9 ac, some pasture, mostly tall trees, picturesque seclusion, only 50 min sth of Hobart. Only \$69,500. Ph: owner 002-950-062 AH.

BLACKBUTT HEIGHTS, 8 ac gentle slopes & flats, granite country, sandy loam, spring-fed dam, power, ph, views, sheltered homesite, 15 min Yarraman. \$29,900. PH: 074-760-059.

FOR SALE IN NORTH TASMANIA, 36 sq, 3 storey (guest) house on secluded mtn property with perm stream. Newly built, needs completion. \$147,000, part finance avail. For details ph: 004-911-435.

SOUTH AUSTRALIA

NATURE BLOCK, 148½ ac, f/hold, within ½ mile Sleaford Bay surf. Close to Port Lincoln, Whalers Way etc. Some of Australia's most spectacular coastline & tourist venues. Road & lake frontage, power & Telecom lines bordering. Good water close to surface. Rare flora & birdlife. Non-heritage. A little clearing. Good building sites for peaceful living. Rich loam soil & views. Further particulars, write: PO Box 611, PORT LINCOLN 5606.

PROPERTY WANTED

HILLS AREA, PERTH. Cheap bush block, awkward or unusual OK. Must have building zoning. Write P & C Kemp, PO Box 1802, ALBANY 6330. Ph: 098-421-1921.

WANTED, LAND TO \$15,000, high country, Vic-NSW, will consider share. D Whitlock, 170 Downer Rd, KADINA 5554.

BUSH ACRES WANTED FOR GR lifestyle. Prefer access to power, ph, water & possibly with a dwelling. Prefer NSW. Will consider all offers including shares. Ph: 062-887-205 (AH).

WANTED TO RENT

MATURE COUPLE DESPERATE to escape the rat race, seek long-term rental of 2 b/r house acreage. Must be quiet & private. Communities OK. Ph: Jenny or Ross 043-601-046.

HOUSE IN GOOD CONDITION in a chemical-free area that has not been treated for white ants, spiders etc. We are a Christian couple as yet without a family because of allergies. Urgent! Is there a caring person that can help us? Please ph: 069-208-223 or 069-592-290, or write: T Butler, PO Box 30, GRONG GRONG 2652.

WOMAN WANTS TO RENT home in country area. Potential for walks, gardening & dog preferred. No sharing. Pay to \$85 pw. Ph: Anthea 03-819-7802, or write: 42 Seven St, BALWYN NORTH 3104.

NEEDING FOR FEB '94. Environmentally aware couple needing livable dwelling, large or small, old or new, no more than 20 min out of Bairnsdale, for 2 years, willing to caretake. One is adult student. Prefer quiet property. Refs if needed. Ph: 051-454-355.

WANTED, FARM LAND TO RENT or sale in WA. E Morata, Volta, 18, 08224, Terrassa, SPAIN.

WE ARE A GROUP OF 25 environmentally aware campers who have been camping together for many years. We are seeking a site to camp over the holidays, 25 Dec '93 - 6 Jan '94. We require: a grassy, treed site, no more than 3-4 hours from Melbourne on a pure drinking water stream, in or on the edge of a forest, well away from habitation. We are happy to pay \$400. If you can help please send me a note. Len Bates, C/- PO Box 317, CANTERBURY 3126.

FOR RENT

COME SHARE THE PARADISE. Superb spacious cedar home on 300 beautifully undulating acres. Abundant wildlife, peaceful surroundings, extensive views. \$216 pcm + bond, share exp. Situated 1¼ hrs NE Melb, 30 min Euroa township. Own vehicle essential. One person to share with one woman. Financially inept persons need not apply. Ph: 057-904-227.

HOUSE ONE HOUR from Bellingen. Magnificent place with rainforest, crystal clear crks, surrounded by nat pk. Suits meditative lifestyle only. Ph: 066-558-653.

ROSEWOOD, SOUTH EAST Qld, couple or woman sought for sharing house with 1 other from early '94. Opportunity to experiment in self-suff on lge country town block. Rent neg. Ph: 07-846-4057.

ROOM SPARE IN BRISBANE, southside, \$50 pw. Ph: 071-372-1554.

LEASE WITH OPTION to purchase, 40 ac undeveloped bush, Bombala area. Carol (GR 100), C/- PO Box 242, EUROA 3666.

SHARE FIVE ACRES WITH 3 eco-aware students, n/smoking vegetarians. Organic vegies & orchard. Looking for like-minded person(s) to share relaxed living in oasis, 1 hr west from Sydney (Rooty Hill), from early '94. Ph: 02-832-4673.

DEADLINES: GR 101- DECEMBER 17th
GR102- FEBRUARY 25th

BUSINESS FOR SALE

BOOKSHOP, MURRAY RIVER TOWN, well estab. Good turnover, still increasing. \$44,000, WIWO. Ph: 050-322-622 or 050-376-385 AH.

CAFE/TAKEAWAY, healthy food, pleasant premises seating 40. Potential for evening trade. Suitable for couple. Situated at Nambour, Sunshine Coast. \$55,000. Ph: 074-412-350 AH.

ASHFORD 'TOP SHOP', see advertisement under PFS NSW. Ph: 067-254-270.

WARRAGUL, health food shop/cafe, 1½ hrs from Melbourne. Vibrant country town, population 10,000. Business estab 15 yrs. Ph: Geoff 056-232-546.

TUCKED AWAY IN TASSIE'S luscious NW coast is the healthiest taste sensation: 'Natural Tucker', a wholefood cafe. Plant incl: bain marie, salad bar, cool room, Champion juicer lge oven. Write to: 'Natural Tucker', 19 King St, DEVONPORT 7310. Ph: 004-248-558.

GRASS 71 ROOTS

NATURAL HEALTH CENTRE for sale. Attractive & prosperous Naturopathic Centre, main st, opposite beach in busy commercial and popular holiday town. Established 9 yrs. Only 1½ hrs from Melbourne. Next to well known health food store. Established 26 yrs. Five practitioners practising Naturopathy, Homeopathy, Massage, Acupuncture, Yoga, Rebirthing & Reiki. Suite also includes studio room for classes/lectures/w/shops. Excellent parking, fully stocked, long lease avail. A successful & growing business with over 6000 patient files. Ph: 059-867-799 or 059-886-750.

FREMANTLE, WA. HEALTHFOOD shop, 10 min from Fremantle. Growing area. Has been here for 17 years, 3 owners since estab. Catering for all walks of life. Priced to sell: \$5000 plus stock & plant. Growth industry, long lease, good rent, easily run by one person/couple. Ph: Roger 094-184-242 (BH), 093-312-752 (AH), 5 Cooke St, HILTON 6163.

NIMBIN. A LA CARTE restaurant, premier BYO r/forest region. Average takings \$4000 pw. Top class reputation, great reviews, air conditioned, smoking & nonsmoking areas, trendy new decor, fully equipped, serving modern innovative cuisine, vegetarian & nonveg, also jam/chutney manufacturing (commercial), outside catering. Seats 50 plus. Excellent regular clientele plus increasing tourist trade. Cabaret entertainment & own parking. Will train & divulge recipes & techniques. Reason for selling - other business commitments. \$58,000, WIWO. Ph: 066-891-119 BH.

NATURAL HEALTH BUSINESS. Excellent opport for person qualified in natural healing wanting to work in country town. Established for 3 yrs with constant growth & great potential. Sound client base. Low overheads. Equipment incl. \$15,000. Write H Burton, 36 Garrick St, GYMPIE 4570. Ph: 074-828-335.

HEALTH FOOD STORE. Profitable, friendly, 5½ day business in Albury/Wodonga. Taking round \$6000 per week. Price \$120,000 & SAV. John Collins, 554 Smollett St, ALBURY 2640. Ph: 060-414-007 BH, 060-246-687 AH.

CANDLE MAKING, 'Classic Candles' cottage/home industry, operating 4½ yrs. Full colour brochure avail. Unique candles. Unique opport. Full training provided. \$28,000 + stock. Ph: 052-531-870.

TROPICAL COOKTOWN'S florist & gift shop is for sale. Turnover is in excess of \$100,000. Great income & great lifestyle for right person. No competition. POA. Ph: Jane 070-695-201 BH, 070-695-330 AH.

COMMUNITIES

AN ENVIRONMENTALLY FRIENDLY village named 'Kookaburra Park Eco-Village' has been developed in the Bundaberg region. If you would like to live in harmony with nature on 1 ac freehold lot with 360 ac of common land please ph: 071-531-303 any day, or write to: Lot 3, Kookaburra Park, MS 368, GIN GIN 4671.

SHARES FOR SALE in the beautiful Thora Valley, 135 ac, Bellingen riverfront, perm crk, rainforest. Close to Steiner & public schools, shared by 5 families. Ph: 066-581-740.

GRASSIFIEDS

COMMUNITIES

KYOGLE, TEN ACRE SHARE, 960 ac valley. Three b/r timber home on elevated, sheltered site amongst tall hoop pines. Large verandah, S/C stove, hot water, gas fridge. Workshop, car parking under house, solar 12V, 5KVA generator. Perm crk, pump to tanks, fenced, veg garden, fruit trees, phone, 20 km Kyogle. \$79,000. Ph: 066-333-239.

KYOGLE DISTRICT: A little, lovingly built hexagonal house + a big open barn/studio/workshop, set in amongst temperate rainforest & bearing fruit trees on a secluded site in a functioning community. It would be ideal for an artist or craftsman who likes living alone but not isolated. \$49,000. Ph: 066-333-133 or 066-333-210.

'GARRAVEMBI' IS A 1200 ac property enjoying 3.5 km of main river frontage nestling in the upper reaches of Taylor's Arm Valley. The land itself is a complete ecosystem with intact water catchments feeding two secluded valleys. Approximately 100 ac cleared, the balance hardwood & beautiful rainforest. The aim of the project is to create a balance between lifestyle, business & the environment, founded on ethical principles, to provide freedom & security through the difficult times ahead. The property has an established core group of people with a wide diversity of talents which we wish to expand upon. We are seeking people willing to instigate or participate in craft based industries, organic farming, forest care, joint ventures etc. Selection of participants based on compatibility with aims of project. For this expansion to take place a special limited reallocation of shares has been made available by the project & are priced from \$20,000 to \$40,000. For detailed documentation on the project & these shares write, fax or telephone: The Trustees, Garravembi Project, Willow Bend, THUMB CREEK 2447. Ph: 065-642-219. Fax: 065-642-245. Genuine enq only.

BLUE KNOB, 8 km to Nimbin. Two storey stone and timber house, 4 b/r, lge dining room, separate lounge, extensive use of timbers, exposed beams, wide verandah, adjoining peaceful brushbox forest with abundant wildlife. Powered by unique 12V loop system/240V inverter. Plus a large livable shed, perm spring water & dam, fire hydrant & irrigation water to site, 22 fruit trees on fertile soil above frost line. School bus to gate. This is a 2 ac block on 'Blue Springs', an estab legal & financially secure multiple occupancy, overlooking beautiful Nimbin Valley. Price \$93,000 ONO. Ph: 066-891-509.

NYMBOIDA RIVER FRONTAGE, 1/3 share in 100 ac, tenants in common. Pole framed home, 240V/12V solar, LP stove, fridge, HWS, + SC stove & HWS. Large verandah, great views, good access, school bus nearby. \$50,000. Ph: 066-494-216 or 066-494-226.

MOORA MOORA Community (Healesville). Shares are still available, + houses for sale & opportunities to build on our 245 ha mtn top, 1 1/2 hrs from Melb. Write to Denise Stevens, Membership, PO Box 214, HEALESVILLE 3777.

PLACING AN AD?
See page 68 for details

SPRINGS COMMUNITY, 1200 ac, 1 1/2 hr south Coffs Harbour NSW, 2 storey studio home, water, elect, ph, solid weatherproof house. North facing, overlooking crk 100 ft below, on 1/2 share. \$53,000. Undeveloped shares also avail. Ph: Mac 066-552-588.

FAR SOUTH COAST NSW, 'Jingaburra' is a 5 share/30 ac multiple occupancy set within the alternatively minded hamlet of Burrigate on the Towamba River, surrounded by picturesque farms, Coolongobra Nat Pk & Egan Peaks Nature Reserve, providing a mellow, healthy lifestyle environment. Bus to caring country schools & larger townships, approx 35 min to Merimbula beaches. There are 3 mud brick dwellings in various stages of completion toward council certificates, now offered to gentle, together folk at between \$23,000 & \$52,000. These sites have gravity-fed water, fenced gardens/chook runs & peaceful views to Jingara Rock. Orchard, old estab forest with crk, dams & spring water. Suiiting permaculture methods. Secure independence, tranquillity & co-operative companionship. Present family owners making way for new energies & direction. Ph: 064-967-047 or 066-841-971.

NORTH NSW, 6 km Nimbin, 2-3 b/r, comfortable house, views bush, mtn, studio/garage 6x8 m, 12V & 240V, no elec bills, fruit trees, vegie garden, 2 ac home site, 1/36 share, secure co title, adj nat pk. \$78,000. Ph: 066-895-035.

SPA DISTRICT, DAYLESFORD, Vic, new community in the pipeline. Looking for members interested in self-sufficiency, renewable energy production on big land with low cost earth built housing. To be registered as a Settlement Co-operative with anticipated financial viability through eco-tourism. We are looking for clean-living, like-minded, dynamic persons to join us. Enq: Rob & Jan, PO Box 215, BALLAN 3342. Ph: 053-608-244.

FURNISHED HOUSE, FIVE ACRES, 99 year lease, share in community for sale near Buchan, Vic. Trial rental period avail. Organic garden area & orchard, gravity-fed large dam. Solar, wood & gas power. Adjacent Ontos Health Retreat & Mt. Murrindal Community, food co-op, school bus. Insured \$82,000. Sell \$65,000. Ph: 047-571-434.

MISCELLANEOUS

HANDMADE SOAP, CREAMS, salves, candles, using Australian oils. Over 30 different products, resellers welcome. SAE to: Forest Edge, 242 Albert St, MARYBOROUGH 4650.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

PURE NEEM OIL, multipurpose use. Contact: 07-289-4309 AM.

LIFE FORCE NEWS, meditation & lots more! Receive your free copy monthly. Ph: 02-363-2753. Box 11, 137 St John's Rd, FOREST LODGE 2037.

AUSTRIAN LEAD CRYSTALS. The original rainbow generators, finest quality crystals, 38 shapes incl spheres, teardrops, pendulums, octagons, hearts & more. Hang in sunny windows for dancing spectrum rainbows. Send SAE for catalogue. Wholesale enquiries welcome from shops & marketeers. Thora Trading, 'Patanga', Darkwood Rd, THORA 2454. Ph: 066-558-668.

DC MOTORS FOR SALE. Suitable for making your own power tools, washing machine conversions etc. Will give 1/4 HP on 12 volts & 1/2 HP on 24 volts. Costs only \$95 + courier fees. Call Sharon & Steve of Windward Power Systems on 018-879-072, or send SAE to 6/23 Chelmsford Ave, LUTWYCHE 4030.

LEARN HOW TO FULLY RESTORE your own chairs & furniture in your home (woodwork, upholstery, polishing). Qualified semi-retired trade instructor is now taking bookings from individuals, groups in nth west region (Vic). Everything supplied. Ph: 054-438-563.

TIPIS, 10-22 FOOT FROM \$360. Pioneer tents, tarps, awnings, tonneau covers, swag rolls. Leather, buckskin, chamois & suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a speciality. Wholesale prices. Bojo Products, Melb. Ph: 03-758-3616, 7 days, 24 hrs.

JIGSAW PUZZLES MADE from your photos - size 14 x 11 in, 170 pieces, price \$12.50 + p&p \$4. All photos returned undamaged. For more info write to: H. Jones, PO Box 3040, NORMAN PARK 4170.

BAMBOO FLUTES: Enrich your life. Learn how playing a bamboo flute can aid your spiritual growth. I make a large range of quality instruments. Tapes of my own flute music for sale. Ph: Fluteman 03-527-7129.

ALADDIN OIL LAMPS & PARTS. Here is a high quality oil lamp for people without power, or those who would simply like a special lamp for the dining room table. Giving 60 watts of light, nonpressure type, no smell, smoke or noise. Priced from \$79. Free catalogue. John Gannon, PO Box 65, Brooklyn 2083. Ph/fax: 02-985-9013.

MOMENTS FOR SELF HEALING, 4 unique visual imagery & music tapes, each designed to calm & rejuvenate, reduce stress & anxiety. You have the ability to improve your health & redirect your life. Moments of Love - calming & stress reducing. Moments of Light - directing healing energy. These 2 tapes work particularly well used alternately. Moments of Peace - beautiful imagery brings sound, restful sleep. Moments of Joy - meditation for oneness & unity with nature. Set of 4 only \$54 or \$14 ea, + \$3 postage. For more info write: Vanda Coyne, PO Box 2174, AYR 4807.

CREEK POWER WATER TURBINES, will design & build water driven energy systems from 20 watts to over 20KW utilising heads from 1 metre upwards. For more info & help with site evaluation contact: Creek Power, Judd's Creek, JUDBURY 7109. Ph: 002-660-305.

To avoid disappointment ensure
your ad meets our deadline

GRASSIFIEDS

MISCELLANEOUS

CHARCOAL POWDER. As a remedy, activated charcoal is a number 1: 500 g – \$8 + \$6.50 postage, 1 kg – \$15.50 + \$10 postage. Directions included. Cedarvale Health Ctr, 2999 Mossvale Rd, FITZROY FALLS 2577.

WIND/WATER GENERATION, do-it-yourself. Perm magnet generators that start charging (12V) at 350 RPM & will give 10 amps at 900 RPM. Costs only \$95 + courier fees. Call Sharon & Steve at Windward Power Systems on 018-879-072, or send SAE to: 6/23 Chelmsford Ave, LUTWYCHE 4030.

DEEP CYCLE STORAGE BATTERIES in VGC, 4 x 6 volt. Best offer for lot. Ph: 03-434-7468.

'THE HOMEBUILT DYNAMO' (construction plans). Brushless electric generator, 1000 watt DC at 740 RPM. A\$85 postpaid airmail from: Al Forbes, Box 3919-GR, Auckland, New Zealand. Ph: 0011-649-818-8967 any time. Philips Ferroxdure rotor magnets (3700 gauss) kit – now avail cut to size & magnetised. **WAKE UP TO AN EARTHQUAKE!** That is what happened to tens of thousands of impoverished people in south-eastern Maharashtra in India, if indeed they woke up, to not just another day of precarious existence as indigent labourers, stonecutter or, if lucky, sharecroppers, but to a full-fledged disaster. The need: to re-establish businesses & farms, to help reorganise women's groups as they will be the breadwinners. **DELUGE YOURSELF IN A FLOOD:** perhaps not, for at long last, we are trying to prevent these from encroaching further in Bangladesh and on the island district of Bholm in particular. One of three crops is regularly washed away or blown apart there. The root causes lie outside Bangladesh but operate inside the country as well; greed for minerals and timber upstream & the desperate need for that extra meal which strips land downstream of its biomass & crops. The need: to organise alternative employment, less demanding on land; to provide embankments complete with trees and fodder. Donations to: International Disaster Appeal, a/c no 4805/5003440; C/W Bank, Charters Towers, PO Box 1166, CHARTERS TOWERS 4820.

OATS FOR GOATS! Organic oats suitable for animal or human consumption. Bagged or bulk. Ray Howman, PO Box 286, MARONG 3515. Ph: 018-509-957.

INVERTER, SOLAREX MODEL 2024, 24VDC to 240VAC, 2000VA to 50HZ. Ph: 067-821-766, or 067-831-438.

TOBACCO. TIRED OF PAYING TOO much for your cigarettes? Concerned about pesticide residues in commercially grown tobacco? Why not grow your own! Very simple process. No special equipment needed. Tobacco growing kit only \$20. Kit includes seeds & growing instructions. For more info ph/fax: 066-771-697.

MUD BRICKS, 15 x 10 x 5 in, from 70c. House inspection invited. Ph: 054-336-370.

LARGE MALLEYS TUCKERBOX freezer. Food racks included. New large cherrywood butter churn. Ph: (from 7.12.93 onwards) 065-877-167.

DEADLINES: GR 101 – DECEMBER 17th
GR 102 – FEBRUARY 25th

STRESS MANAGEMENT STRATEGIES. For the Body: 1. Get some vigorous exercise daily. Spend some time outdoors each day. Allow sunlight & fresh air into your home & office. 2. Practise deep diaphragmatic breathing as often as you can. 3. Make sure that clothing & shoes provide proper warmth, comfort, & protection. 4. Drink eight glasses of pure water daily. Practise personal cleanliness & hygiene. Maintain sanitary surroundings where you live & work. 5. Abstain from tobacco, alcohol, caffeine, & other unnecessary drugs. 6. Switch to a vegetarian diet (fruits, grains, nuts, vegetables, & – if you wish – low-fat dairy products) & eat only enough to meet your nutritional requirements. Maintain your ideal body weight. 7. Eliminate unnecessary muscular tension by proper posture & by taking frequent stretch breaks, especially if you are a sedentary worker. 8. Minimise noise in your environment. If possible, select a home surrounded by nature rather than the artificial scenes of city life. 9. Get adequate sleep. For most people this means seven to nine hours per night. Do not try to crowd too much into one day. Don't be afraid to take a break during the day if needed. 10. Observe the seventh-day Sabbath – the weekly day of rest from our work & ordinary pursuits. Employed as God designs, it is a means of physical, mental, & spiritual restoration. For the Mind: 1. Develop a firm trust in God through personal daily Bible study prayer, & commitment. 2. Submit your life & plans to the inspection & approval of God as His will & your duty are revealed in Scripture and impressed on the conscience. 3. Test your words & actions by the Golden Rule 'Do unto others as you would have them do unto you.' Be co-operative, not competitive. 4. Cultivate love, joy, peace, patience, gentleness, goodness, faith, humility, meekness, moderation, gratitude & cheerfulness. 5. Ask for & receive God's forgiveness for your wrongs. Freely forgive others. Do not chafe under injustice. Overcome evil with good. Harbour no bitterness. 6. Draw up a budget. Live within your means. Be content & grateful for what you have. Simplify your life. Get out of debt. 7. Follow a daily schedule. Set proper priorities. Plan ahead but be flexible when circumstances demand it. Set a moderate pace. 8. Carefully choose what you see & hear. Think on those things that are true, honest, just, pure, beautiful, and worthwhile. 9. Put God first, others second, & yourself third. This should not lead one into self-neglect. 10. Develop your talents & skills to be employed in serving & benefiting others in some way, thus glorifying God. This goal is the true purpose of life. Please contact the Final Cry Ministries for more info. Book & video catalogue avail. Natural health remedies, some are written by doctors & documented from medical literature, biblical spirituality & prophecies, vegetarian cookbooks. Write: PO Box 946, MANJIMUP 6258. Please mention *Grass Roots*.

GRASS 73 ROOTS

OUTRIGGER FISHING CANOES FOR \$100? U-build: U-sell. It's fun, fish, fitness & profit. Amazing new designs & building methods. Sails. For info send stamp to: CanoeWorld, 32 Cohoe St, TOOWOOMBA 4350.

IF YOU ARE A SEEKER, if you search for that deeper something. For more info send 45c stamp to: PO Box 18, HYDE PARK 4812.

BACK COPIES: GR 19-97 incl (less 4 issues), + *Early Years*. \$180 + freight. Jim Gauld, PO Box 35, PENGUIN 7316. Ph: 004-371-478.

WATER TANKS, x 2 for sale, fair cond, 5000 litres. \$50 ea ONO. Ph: 047-315-777 (BH), 047-514-317 (AH) Lynne.

LOSE WEIGHT OR GAIN WEIGHT. New diet disc calorie controlled programme. Satisfaction or money back guarantee. Contact me for product & business opportunity. Ph: 071-244-496.

EGG PRESERVING, IT'S BACK! The original 'Ke-Peg' (Keep-Egg) Preservative which was used from 1924–1956. Now proven to preserve eggs for over 12 months. Just rub on egg. No mess. **FRESH EGGS ALL YEAR.** One jar covers approx 40 doz. This product has a 25 year shelf life. Special introductory offer of only \$11.95 + \$3.50 p&h. RRP \$14.95 + \$3.50 p&h. Send m/o or Bankcard, Visacard, Mastercard details to: 'Ke-Peg', Rocky River Rd, DRAKE 2469.

2 TIM 3:15 – HAVING A FORM of Godliness but denying its power. If you are seeking this power & not finding it enquire: PO Box 131, Esk 4312. Ph: 074-671-183. 1 JOHN 2:17 – The world is passing away & the lust of it but he who does the will of God abides forever.

GROW U OWN TOBACCO. Now it's possible to grow and cure your own smokes. Australia's first home brew 'tobacco system' enables you to both grow & cure your own smokes & save money. Send \$9 + \$2.50 p&h for starter kit or write to: PO Box 1686, INNISFAIL 4860 (2 River Ave, Innisfail), for more info. Ph: 018-779-628.

32V WIND GENERATING plant for sale. Complete. Ph: 048-487-143.

WOOD STOVE, NEW CROWN Dover, good cond, \$500 ONO. Ph: 06-297-6963 AH.

CALENDAR EVENTS

HORSHAM ARTS DISCOVERY, Jan-Feb '94. Six weekend workshops tutored by: Deborah Haplen – Ceramic Sculpture, Val Farrington – Watercolour Painting, Kevin Free – Wood Carving, Gabriella Verstraeten – Machine Embroidery, Rosemary Coleman – Figure Drawing, Mirka Mora – Embroidery. For brochure: Horsham Art Craft Workshop, PO Box 906, HORSHAM 3402. Ph: 053-820-349, fax: 053-821-111.

OPPORTUNITIES

WAGE PLUS ACCOMMODATION offered to person (single or with partner) to work on 100 ac organic farm close to Melb. Energy, enthusiasm & intelligence required. Farm owned & worked by women. Enquiries welcome from women. Ph: 03-710-1703.

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OPPORTUNITIES

OUTRIGGER FISHING CANOES for \$100? U-build, U-sell. It's fun, fitness & profit. Amazing new designs & building methods. Sails. For info send stamp to: Canoworld, 73 Undercliff St, FRESHWATER BEACH 2096.

OREA LINDA PROJECT. Putting a large organic garden in the desert. Excellent stress-free lifestyle. Enquiries, helpers, visitors ph: 091-921-415, or write: Arid Zone Research, PO Box 930, BROOME 6725.

NATURAL DEODORANT CRYSTAL. Wanted: market sellers or people who want to add another line to their existing business. It is a high consumer item & little cost to set up. All info please write to: The Body Crystal, PO Box 1168, STAFFORD 4053. Ph: 07-264-6296.

ROOM & BOARD OFFERED for help to erect solar convective mud brick house with 180 degree ocean views, NSW south coast. Owner visually impaired & genuinely requires assistance. Reply: PO Box 345, ULLADULLA 2539.

LIVE-IN POSITION FOR GR-type woman, aged 30-35, on north-east Vic country property. Rent free + wage in exchange for home duties & some outdoor work, drivers license essential. Ph: Gary on 057-632-300.

FREE, SELF-CONTAINED bungalow in exchange for some gardening, lawn mowing etc. Suit pensioner. Ph: Emerald 059-684-104.

BUY A BOOK, be your own bookseller, \$4.45. For more info write to: Development Effort, Dryland Reclamation Project, PO Box 1166, CHARTERS TOWNS 4820.

MULTINATIONAL ENTERPRISE expanding into Aust. World leader in environmental cleaning technology. Multi award winning, first class, high turnover products. Build your own business with environmentally sound cleaning & skin care products, which are now sold with great success in over 47 countries. Free training. Regional distributorships now avail. Ha-Ra Aust, PO Box 1110, FRANKSTON 3199. Ph: 03-776-9002. Fax: 03-776-8331.

IDEAL ALTERNATIVE FARMING - emus, ostrich, llama, alpaca, herbs, vines etc. Thirty beautiful acres with its 17 1/2 sq home is too much for this lady alone. Her alternatives? - sale, lease, walking away or a working business partner to buy in. Genuine replies only. Ph: 057-903-327 or fax your details 057-903-328.

START YOUR OWN MARKETS or business venture, use the 5000 sq ft of sheds (3) or rent them out, + 3 acres of land divided into 4 paddocks all with main highway exposure, + 13 room residence & garage close to 3 major towns. Accept property as part payment. \$195,000. Ph: owner 063-687-240.

SERVICES OFFERED

DELIGHTFUL DRAWINGS CREATED from your own favourite photographs in pencil or pen. My speciality is family pets, farm animals & native fauna. Drawings of family members & friends if desired. Price starting at \$48. For free brochure write: Andy Manasis, Fine Artist, 32 Walmer St, SANS SOUCI 2219. Ph: 02-529-3428.

PLACING AN AD? See page 68 for details

ASTRO-MAPPING. ORDER your personal Astro-mapping kit & find out the best geographical places for love, success, happiness & relocation. Send name, address, date, time & place of birth + \$45 to Astrobe, Box 1262, COFFS HARBOUR to receive maps & information booklet. For more info ph: 018-665-605.

PSYCHIC READINGS, whatever 5 questions you want answered + 12 month guide or personal spiritual growth guide. \$25. Susan Wilson, 25 Megan St, STH TWEED HEADS 2486.

CAPTURE THE TIMELESS BEAUTY of those you cherish. Let me paint you a beautiful unique water colour portrait. On long lasting, 100% cotton, acid-free paper. From your photograph. It could be a portrait of your child, grandchild, family members, ancestors, friends, pet, prized farm animal or home, landscape. Cost from \$98. Send or ph for free brochure: Heather Barton, Fine Artist, 31 Sharp St, NEWTOWN 3220. Ph: 052-224-249.

CARTOONIST, QUALIFIED graduate, turned freelance. Lots of imagination & humour. Diverse in style. Can do political, satirical, spiritual or any theme you desire. Fax: 075-751-060. PO Box 309, MERMAID BEACH 4218.

HOME PLANS, 45 PLANS for handcrafted homes of mud brick, rammed earth, stone & pole frame construction, mail \$27 for *The Earth Builders Construction Details & Plan Catalogue* to: John Barton, Building Designer, 31 Sharp St, Newtown, GEELONG 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan.

ACHIEVE FINANCIAL SECURITY through self-publishing. Send 2x45c stamps to: Douglas Johns, Dept Pub 12, Box 2168, SOUTH RICHMOND 3121.

BRISBANE RESIDENTS & VISITORS. Treat yourself to a wonderful, gentle massage based on aromatherapy principles, accompanied by soothing music designed to slow your heartbeat. This is a genuine massage using 100% natural oils. Concentrating on your back & face it will leave you feeling relaxed & revitalised. Approx 40 min costs just \$30. Home visits arranged for the disadvantaged & handicapped. Ph: Paul 07-857-4093.

HUMAN DESIGN ANALYST. Professional personal analyst (no computer programmes). If you want to learn to be effective in life, your career, money etc, send a sample of your handwriting, birth date-time-place, together with a cheque or money order for \$35 in the name of Butterfly Typing: to 60/30 Sportsman Ave, or PO Box 309, MERMAID BEACH 4218. Prompt efficient service.

BIORHYTHMS, MINIMISE THE EFFECTS of your bad days & capitalise on your good days by knowing when you are most likely to be at your best & worst. For 12 month chart (explanatory notes included), send day/month/year of birth & \$20. Tarot readings by appointment. For more info write: Bio-Charts, PO Box 257, MT EVELYN 3796.

ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. 3 years personal calendar (lunar phase cycle). For more info, Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 018-665-605.

FROM NATURE'S REALM: Readings of Australia's living symbols: flowers, trees & animals. Receive an audio-tape journey through your inner landscape, with nature as guide & teacher. Send birth date & \$25. For more info write: Handmaiden, Box 24, FLAXLEY 5153. **WE BELIEVE IN THE FATHERHOOD** of God, the motherhood of nature & the brotherhood of man. Interested? SAE to: Nature's Church, 422 Pitt St, (PO Box 413), SYDNEY, 2000.

SCHOOL FOR FOLKS GOING alternative. The course covers choosing your land, a basic tool kit & how to do things, all the things not to do. The more you know, the easier it becomes. Two weeks in Coffs Harbour area, some fun & some work. Accommodation, local camping ground. \$100. For details & bookings ph: 066-540-495.

ALTERNATIVE ENERGY CONSULTANT, Remote Area Power Systems (RAPS) specialist. Competitive prices on solar panels, wind turbines, batteries, inverters etc. Gordon Wilson, PO Box 131, DUNKELD 3294. Ph: 055-772-205.

HANDCRAFTS

AAAAAAA/FRAGRANT CRAFT SUPPLIES direct from source - potpourri (botanical & gemstone), fragrances (incl similar to Chanel, Opium etc), botanicals (roses, lavender, orris, etc), books, fragrant gifts, etc. We supply from beginner to chain store with great quality products at prices as low as \$14.40/kg (potpourri), \$26.40/kg (fragrances). Write for free mail order catalogue or visit our extensive, centrally located showroom/factory outlet. Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677. Fax: 03-481-1393.

ESSENTIAL OILS, POTPOURRI & natural products - for all your aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for free mail order catalogue to: Auroma, 39 Melverton Dve, HALLAM 3803. Ph: 03-796-4833. Fax: 03-796-4966.

THREAD BUNDLES, Stranded cotton in bundles of 100, 8 m skeins in assorted colours, \$29 post-free in Aust. Bankcard, Mastercard, Visa, money orders & chqs. Excel buys for schools, weavers & needleworkers. Arty & Crafty, PO Box 40, DAW PARK 5041.

WEAVING LOOMS. Lightweight 20 cm (8 in), 4 shaft sample loom specially designed for students, advanced weavers. Fully assembled with 4 reeds. 8, 10, 12, 15 dent. \$135 + postage/freight. Arty & Crafty, PO Box 40, DAW PARK 5041.

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HANDCRAFTS

RAINBOW CRYSTALS - JEWELLERY & window hangings. Specialising in lead crystals. Wholesale enq welcome. Send long SAE to: Crystals & Jewellery by Lorraine, RMB 2880, via Myrtleford 3737. Ph: 057-535-268, mobile 108-577-094.

DIY POTPOURRI: We have flowers, petals, buds, pods, nuts, leaves, herbs, spices, oils, orris, fixatives & almost everything you need to make your own potpourri. For beginners we have our exclusive range of Starters' Kits containing all you need to get started with DIY Potpourri. We also stock a range of packaged potpourris. For further details please send business size SAE to Moonlight Fragrant Supplies, PO Box 684A, MT WAVERLEY 3149.

CANDLES, WIDE VARIETY of long lasting, perfumed & insect repellent candles avail. Prices for trade or personal use on request. Mail today for price list: Candles, 1575 Portarlington Rd, DRYSDALE 3222. Ph: 052-531-315. Fax: 052-562-417.

MOHAIR, WHITE AUSTRALIAN KID mohair, \$25/kg, includes p&p. Send chq or m/o to: P Hamilton, 'Pine Lodge', TOCUMWAL 2714.

OUTRAGEOUS CLOTHES, MODERN hats, beanies, gumnut caps, waistcoats - bright or colonial design, colourful bags, cottage cushions. Avail either wholesale or retail + postage. Write for details to: Grott Cottage, MARLO 3888.

ROSEHIP OIL IS A FULLY natural skincare product. Effectively treats wrinkles, scars, blemishes, 100% pure, 15 ml bottle & info \$12. Sylvia Prochnik, 2A Knox Pl, NORMANHURST 2076. Ph: 02-487-4016. Wholesale, bulk, distributorships avail.

ALPACA WOOL, NATURAL colours, white, fawn, light, mid or dark brown, black, grey or rose grey, \$28/500 g, includes p&p. Send chq or m/o to: P Hamilton, 'Pine Lodge', TOCUMWAL 2714.

LOOM, 2 SHAFT UPRIGHT, for rugs & wall hangings, 108 cm weaving width, with accessories, \$200. WARRAGUL. Ph: 056-23-5268.

JUGGLING BALLS, BRIGHT COLOURS, handmade, natural materials, set of 3, with how to juggle instructions. \$10 includes postage. For more info: Kareene Ebdon, PO Box 1018, NOOSA 4567.

PURE, NATURAL, HANDMADE SOAPS, 36 varieties including facial scrubs, herbal & floral blends, sandsoap etc. The soaps come attractively packaged and make ideal gifts. Wholesale enquiries welcome. Write for free brochure. Clare's Handmade Soaps, 12 Richardson St, GOODNA 4300.

HOLIDAYS

ELOUERA RETREAT, surrounded by beautiful forest, adj Morwell Nat Pk, bushwalking, Indian tipi, meditation room, 2 hrs from Melb. \$15 per person. Ph: 03-762-1593.

WILSONS PROMONTORY/FOSTER. Stockyard Creek Cottage, new fully self-cont, 2 b/r, sleeps 6, wood fire, set on self-suff farm. 2 hrs from Melb. From \$50 pn. Ph: 056-822-493.

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NATURAL HEALTH rejuvenation haven. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of ntn NSW. Featuring: healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuite bedrooms, comfortable accommodation. The Retreat, GREVILLIA 2474. Ph: 066-364-275.

COUNTRY ACCOMMODATION, SE Qld. Women only. Your chance to experience self-sufficient living before you take the plunge, \$50 pw or \$10 per day. Ph: Lyn 074-841-261, 6.30-8 pm for details.

GUEST HOUSE, SE NSW. Come & experience GR lifestyle in comfortable mud brick home, solar powered & TV-free. Near nat pk, ideal for bushwalking. Peaceful stress-free getaway at budget rates. Ph: Barry & Frances 064-930-206.

PERSON TO SHARE RELAXED short &/or long camping trip(s) in my manual 4WD. Share driving/expenses. Interests: painting on site, bushwalking, photography, enjoying the beauty of our land. Smoker/light drinker/careful driver welcome. Ph: 047-573-959.

MUD BRICK COTTAGE in the Dandenongs available for letting: 3 day weekend \$240, 4 day weekday \$240, \$400 weekly. For details ph: 059-684-104.

FOOD AND KITCHEN

POLLEN, no additives. 450 g sample pack \$9, 1.9 kg pack \$32.50, 4.7 kg pack \$65, 14 kg drum \$175. Prices include p&p. J M Read, 8 River St, MURRAY BRIDGE 5253.

CERTIFIED ORGANIC & BIODYNAMIC fruit & vegies. Phone order home-delivery service to your home. Fresh high quality produce & low prices. Free delivery. Ph: 03-736-4496 BH 7 days.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

MAKE WINE AT HOME from your excess fruit. 'Country Winemakers' have a Home Wine Outfit that will get you started on your first few gallons. Includes all additives & essential equipment not readily found in local shops. Comprehensive 'How To' booklet with recipes included. Ideal gift. \$45 + \$4.95 postage. For more info write: 'Country Winemakers', PO Box 438, Castlemaine, 3450. Ph: 054-734-552.

GARDEN & ORCHARD

'THE SEED SAVERS' HANDBOOK' by Michel & Jude Fanton. \$23 post pd. Ideal Christmas gift. PO Box 975, BYRON BAY 2481.

GRASS 75 ROOTS

EARTHWORMS, IMPROVE your soil providing healthier plants, crops & FREE fertiliser. Contact us for FREE info on worms, breeder kits & the most comprehensive publication list available on this subject. WORM WORLD, PO Box 14GR, NORTH CAIRNS 4870. Ph/fax: 070-581-891.

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/PO, BARMAN 3639.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, incl plants as insect repellants. **SOW WHEN CHART.** Suggested sowing times for 100 vegetables, herbs & flowers. Mail order. \$5 each + \$2.50 p&p (up to 5 copies). Plum Products (G), RMB 2907, BRUTHEN 3885.

EARTHWORMS, the 'speedy breeder compost worm' revolutionises your compost & transforms your garden. Just \$15 per 1000 worms. Price includes postage Aust wide & pamphlet on worm care. Wholesale prices \$40 per kg, freight extra. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

TREE GUARDS, all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. I.R.S., BRUTHEN 3885. Ph or fax: 051-575-562.

EARTHWORMS, LANDSBOROUGH Earthworms can supply any quantity anywhere. Full info provided regarding cost & care. Contact us at 38 Maleny Rd, LANDSBOROUGH 4550, or ph 074-941-512.

SEEDS OF UNUSUAL, USEFUL Asian vegies, subtropical fruits, herbs, spices, fragrances, curiosities, cottage garden flowers suit hot weather. Open pollinated. Easy grow. Seeds \$1 pkt, plants \$2.50 ea. Mail order only, no visitors please. For list send 3 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

'AUSTRALIAN HERB INDUSTRY Resource Guide'. For the first time in Aust, a comprehensive networking guide for professional & recreational herb growers & users, or anyone who needs to find anything herbal - plants, seeds, courses, publications, herbal products, essential oils & craft materials, display gardens, fresh-cut & dried herbs, societies & more. Cost \$15 + \$3.50 p&p from 'Focus on Herbs' consultancy, PO Box 203, LAUNCESTON 7250.

TOTAL PLANT INFORMATION. Medicinal, culinary preparations/uses, growing/propagation guides/companions, natives, exotics, conditions etc. For more info send SAE + \$3 to: Banda Banda Organics, PO Box 529, KEMPSEY 2440.

HYDROPONIC SUPPLIES, worm castings, earthworms. The Plant Shop, York Rd, THE LAKES (Chidlow) 6556. Ph: 09-572-6020.

GOURDS, FUN & EASY to grow for all ages. For books on growing, craft ideas, seeds or dry gourds, send 2 stamps to: The Gourd Father, Quality Gourd Products, Mail Order Service, 187 George St, EAST MAITLAND 2323.

SOUTHERN PENINSULA EARTHWORMS. Composting Earthworms, vermicompost, bait & organic waste management for garden, farm & industry. Free delivery Melbourne metro & Mornington Peninsula. Contact Beverley Baker, Ph: 059-862-089.

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GARDEN & ORCHARD

COMPREHENSIVE CATALOGUE Australian native seeds, 1800 species. Price \$6 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

!!! WORMS, EARTHWORMS & associated products for all occasions. Also retail distributors of ReIn Worm Factory. Orders direct or by mail welcome. Chel's Wrighlers Earthworm Suppliers, 181 Clifton Dr, NTH MACLEAN 4280. Ph: (Brisbane) 07-297-5940.!!!

EARTHWORM COMPOSTING UNITS. Turn your kitchen scraps into the most balanced fertiliser. Contact: Advanced Composting Systems. PO Box 816, MULLUMBIMBY 2482. Ph/fax: 066-841-129.

LADIES, LADIES, LADIES! You can make your own colourful window boxes, planters & punnets in 2 mins. No tools needed. Send your address on back of an envelope for colourful free sample. TUCKABOX, Box 40, WILLIAMSTOWN 3016

EARTHWORMS FOR SOIL improvement, \$15/1000. Includes care instructions & postage Aust wide. Squworms Worm Farm (GR), The Gorge, FINCH HATTON 4756. Ph: 079-583-359.

BOOK, *Absolutely Delicious Licorice, Complete Guide to Growing & Using*, by Isabell Shipard, \$7. Extensive range culinary & medicinal herbs, spices, Asian vegetables, rare edibles, nonhybrid seeds. For mail order catalogue, info articles send 10 x 45c stamps to: Shipard's Herb Farm, Box 66, NAMBOUR 4560.

BRISBANE & ENVIRONS, permaculture assistance with design through to harvest. Ph: 018-750-115.

HERBS, PERENNIALS, SHRUBS. Over 600 varieties avail by mail order. All plants \$2 ea. Send 3 x 45c stamps for list to: Flowers, Leaves and Spines, 1365 Carisbrook/Talbot Rd, DAISY HILL 3465. Ph: 054-614-390.

ORGANICALLY GROWN pelargoniums, herbs & perennials. Jakana Rural Industries is a specialist pelargonium nursery owned & operated by John & Heather Gilbert, Cnr Gap & Ruffy Rds, Longwood East, Vic 3665. We also stock a range of organic fertilisers & compost. Wholesale pelargonium enquiries welcome. Hours: 10 am - 5 pm Wed to Sun. Closed Mon & Tues. Ph: 057-985-400.

'NEW ORGANIC RESOURCE GUIDE' - everything you need to know about everyone in the organic industry. A must for those with the first one. Order NORG & get a free copy of the first resource guide, \$6 posted. *Seed Production for the Home Vegetable Garden*, A. Barry: Our best seller, great for the new gardeners who want to save seeds but are not sure how. \$4 posted from: The Henry Doubleday Research Assoc, Mr Phil Hirst, 77 Gross Vale Rd, NORTH RICHMOND 2754.

SEED: ETHNOBOTANICAL, fruit, nut, ginger, bamboo, over 400 species. Personal collection in season ensures viability. For unique updated 8 page list send 4 x 45c stamps to: Fruit Spirit Botanical Gardens, DORROUGHBY 2480.

DEADLINES: GR 101 - DECEMBER 17th
GR102 - FEBRUARY 25th

COURSES

ORGANIC GARDENING BY correspondence, \$80 for 8 weekly assignments. Ph: 018-982-846 or write: Denise Goldsmith (qualified permaculture design consultant & organic gardening teacher), 55 Heeb St, BUNDALL 4217.

HUNTER-NEWCASTLE Permaculture Courses at permaculture demonstration farm. Living alternatives with urban & rural applications. Participants' own situations incorporated into course materials. For info ph: June Anderson, Trevallyn Permaculture Centre, 049-389-528, PO Box 22, PATERSON 2421.

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CORRESPONDENCE STUDIES. Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from, Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green Vet'), Psychic Healing, Pre-school Childcare (Nanny-minder), Safety & Security Counselling, Personal Psychic Development, Traditional Wicca, Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166, bus hrs only.

PERMACULTURE DESIGN COURSE, far south coast NSW, specific to cool temperate systems, species & strategies, 14 day residential course. This certificate course is rich in practical involvement with excellent local examples to be visited. March 5-19th '94. Tutors: Hugh Gravestine, Andrew Sheridan. Register as soon as possible, limit of 20 per course. Enquiries welcome. H. Gravestine, C/- PO, WYNDHAM 2550. Ph: 064-942-014. Week-end introductory course, 4-5 Dec.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Aust in 1985, offers a one yr home study course. For details write to PO Box 5310, TOOWOOMBA 4350.

OUTRIGGER FISHING CANOES for \$100? U-build, U-sell. It's fun, fitness & profit. Amazing new designs & building methods. Sails. For info send stamp to: Canoworld, 73 Undercliff St, FRESHWATER BEACH 2096.

PERMACULTURE DESIGN COURSE for temperate regions of Aust. Venue: 'Willuna', Chiltern, NE Vic. Tutors: Vries & Hugh Gravestine. Time: April 2-11, Sept 30-Oct 10, 1994. Fully certified courses, accom & all practical demonstrations on property. For info re cost etc write with SAE to: V. Gravestine, RMB 1130, CHILTERN 3683. Due to heavy demand early booking is suggested. We limit the classes to 20 students for satisfactory tuition.

WORDWISE, CREATIVE WRITING Course by Correspondence. Eight units x 4 lessons, commended by NSW State Council of Fellowship of Aust Writers. Total cost \$160. Ph: 02-977-5074 or 049-988-149.

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Over 200 pages of comprehensive notes covering health, environmental & agricultural applications of this ancient art. The Academy of Natural Therapies, 23 Taree St, BURLEIGH HEADS, 4220. Ph: 075-934-650. Phone or write for a free brochure.

CLUBS

AUSTRALIAN HERB SOCIETY. Members receive quarterly magazine, seed from seed bank free, access to tape lending library. Write: The Secretary, PO Box 110, MAPLETON 4560. NATIONAL ALLERGY ASSOCIATION of Aust (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

LIVESTOCK

GERMAN, FRENCH & ENGLISH Angora rabbits for sale. As seen on the Today Show. Also Angora & Alpaca fibre. The Angora Rabbit Farm, YEOVAL 2868. Ph: 068-464-039.

PURE BRED RABBITS, English, Angoras, Cashmere Lops, show quality, registered, pedigree or pet, various colours. Priced from \$50. Ph: 06-231-5862.

SADDLEBACK PIGLETS, ideal outdoor stock. Ph: 057-269-465 AH.

RARE OUTDOOR PIGS. Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

COLOURED ANGORA GOATS. Nice, quiet does. Well cared for. Registered. Exc spinning fleeces. Desperately need good home. Best offer. Blue Shadow Angoras. Ph: 065-671-378.

WANTED

INFORMATION WANTED ON community gardens. Do you belong to a community run garden/farm? We are doing a survey on those established in Australia with the aim of starting a garden in Canberra & producing a nationwide network & newsletter. Please ph or write if your group has not received a questionnaire & you would like to participate. Darren Phillips 06-272-3258 (BH), 06-282-2541 (AH), or Robyn Pollock 06-248-0842 (AH). C/- PO Box 4692, KINGSTON 2604.

WANTED TO CONTACT SOYA bean growers by buyer in NSW. Contact: G Georgiou, PO Box 291, KENSINGTON 2033. Ph: 047-536-767.

LOOKING FOR GR PERSON who would like to go halves purchasing acres in the Coffs Harbour area of nth NSW. All letters answered. Write: S Stevenson, 1212 Dungay Crk Rd, KEMPSEY 2440.

WANTED

WANTED TO BUY, Papua New Guinea Billums. Does anybody make them? Please contact: K Morris, 424 Macquarie St, SOUTH HOBART 7004.

CARETAKERS REQUIRED, pref with independent means & a commitment to saving the planet, or part thereof. If you like the easy life, with all mod cons, this is *not* for you! If you like a challenge, are reasonably self-reliant, and care about the land, read on. We are an alternative community, at Wattle Hill Station, FNQ. This is an isolated area. Lockhart River is approx 80 km by road, Weipa is 160 km. These are the closest shopping areas & schools. No employment locally. Access by land (dry season only), sea & air. Own 4WD vehicle essential. School of the Air available. Mail plane weekly. Basic accommodation, irrigated fruit orchard. Plenty of space for your own gardens. No illegal crops permitted. We have a no-fire policy, & a regeneration & native tree planting project under way. Your occasional participation in community projects will be expected. Caretaking involves general maintenance of homestead & immediate surrounds, ie. orchard. Suit family or group of friends. More info ph: 070-603-326, or write: Gayle Miels, PMB 51, CMC, CAIRNS, 4870 with SAE for reply.

LOG HOMES KITSET, please send me any info you have. Kareen Janson, Whanganui Island Farm, Coromandel, NEW ZEALAND.

NATIVE PLANT MATERIALS. Wattle blossom, gumnuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices + freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

TRACTORS, (OLD) MACHINERY, implements etc, especially International, McCormick, Deering Farmall, H.F. 12. Ph: 097-291-539.

SALES REP TO VISIT retail premises possibly four trips per year, taking 3 days. Experience & car desirable. Ph: 074-865-230.

FAMILY OF FOUR MOVING to Stanthorpe, Qld, would like to make contact with any locals. Tony Stevens, PO Box 387, MALENY 4552.

YULUNGA SEEKS ACTIVE co-workers committed to inner growth for involvement in small healing centre/community. Approved multiple occupancy development in secluded rural setting. Presently running attitudinal healing workshops & trainings. Open to permaculture & other activities. Send SAE for details or programme/book list. Yulunga, KYOGLE 2474. Ph: 066-897-231.

PERSON TO SHARE comfortable older style house in Hunter Valley. Large garden, close facilities, reasonable rent or exchange labour. PO Box 261, SINGLETON 2330. Ph: 065-711-208.

MOUNTAINTOP BUSH RETREAT to park caravan - rent, lease or buy to \$15,000, for ex RN on pension. Caretaking arrangement possible. Many skills, clean living, 4 x 4 vehicle. Prefer nth NSW range, Lismore areas. Please write: E. Forrest, C/- PO, UKI 2484.

GRASSIFIEDS

WANTED: A MANGO WINE RECIPE. Anyone who can help please write to: Paul Hamman, PO Box 1102, PROSERPINE 4800.

If you doubt the wisdom of replying to any ad - trust your intuition.

PUBLICATIONS

'ORGANIC GROWING', Australia's national quarterly magazine for gardeners & farmers who would rather grow nutritious, healthy food without the use of synthetic chemicals. Subscription only. \$18 per annum. PO Box 228, ULVERSTONE TAS 7315.

'THE OWNER BUILDER MAGAZINE'. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. *The Owner Builder* magazine is available from newsagents or by subscription. \$24 for 6 issues. For more info write PO Box 974, BENDIGO 3550.

DONKEY SOCIETY OF AUST, for info on magazine subscription, publications, books & the care of donkeys. Branches in all states. Contact: DSA, C/- Mrs Pam Newton, PO Box 63, HURSTBRIDGE 3099.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, \$4.95 ea, & by subscription, \$23.40 or \$29.90 with *Health & Healing Newsletter* per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFFE 2487.

'TEXTILE FIBRE FORUM' covers all the textile arts in Australia/NZ internationally. A high quality 62 page colour magazine. Send 3 x 45c stamps to cover p&p & you'll receive a FREE SAMPLE COPY, no obligation. Or, subscribe for \$18/yr (\$35/2 yrs); 3 issues per year. Cheques payable to TAFTA (PO Box 38, THE GAP 4061). A truly exciting publication; bring it into your life today!

'LIFEWISE', the independent Australian journal for natural health practitioners. Informative quarterly updates on activities & trends in natural healing, connections with conventional medicine, product news & book reviews. Subscriptions \$24 one year, \$48 two years. Send to: Research Publications, 27A Boronia Rd, Vermont 3133. Ph/fax: 03-873-1450.

NEARER MY GOD TO THEE! Is this your longing? The path of all great mystics, the Inner Path, leads you to Him. For info write to: Universal Life Dept 16/9, PO Box 5643, 97006 Wurzburg, Germany.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

'THE PUMPKIN KING' (\$19) & *Giant Watermelons* (\$13). Two informative books relating to the growing of giant vegetables. Price incl postage. Available from Atlantic Seeds, PO Box 205, SEAFORD 3198.

'ALTERNATIVE PLANS & PRODUCTS', 6th ed catalogue 1994. The 6th edition of this popular catalogue is now available. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, growing plants for profit, solar powered water pumps, water purification, biological building, chemical hazards, earth energy fields & geopathic stress, infrasound, vivaxus bands. New titles for 1994 include: electric car conversions, organic survival unit, cockroach roaster, PVC electric go-kart, electric powered bicycle, de-materialisation, forth law logic, Bauman-Testatika generator, cold fusion motor, anti-gravity articles, Schappeller energy device, electro-accretion, hydrogen fuel catalyst & home-based booklet making. Other titles include steam engine generator construction plans, methane gas generator plans, electric vehicle conversion plans for conventional cars, fuel cell construction, solar ovens & water heater plans, solar furnace, vortex tube heat & cold generator plans, free energy machines & magnetic engines & generators, composting toilets, specialised house construction methods. Remote home power installation & comprehensive water desalination methods, polywater & the coanda effect & many other recent developments are covered with this edition. Prosperity from a pittance or *How to Live on Less Than \$30 a Week* is an eye-opener with many clever ideas for a sustainable, ecologically balanced future! For *The Alternative Plans Catalogue* send \$5 to: Alternative Plans, PO Box 487, ASHGROVE 4060 (23 Glenore St, Mitchelton 4053).

SAVE MONEY WITH YOUR herb garden. Avalon Herbal Handbooks show how to grow & use herbs for cooking, making wines, cordials, medicines & lovely inexpensive gifts. SAE for catalogue. Avalon Publications, Box 430, KINGSTON 7050.

'ANNIE'S CREATIVE CRAFTS', third book in a series of easy, inexpensive crafts by author Anne Mayne of Mudgee, has just been released. Over 50 super saleable craft ideal for fetes & markets. The first two books in the series, *Annie's Country Crafts* and *Annie's Cottage Crafts*, have now sold 50,000 copies & are still being reprinted. All 3 books are available from Anne Mayne, The Fragrant Farm, PO Box 561, MUDGE 2850 for \$12.50 ea, postage pd.

BOOKS, OLD AND NEW, send for list. R Suters, PO Box 127, FIGTREE 2525.

'CONNECTING LINK' magazine - the latest info on channelling (ascended masters), prophecy, UFOs & much more. Send \$7.95 for magazine & free catalogue of tapes & books. For more info write to: Pleiadian Principles, PO Box 965, BAIRNSDALE 3875.

GR MAGAZINES FOR SALE, Nos. 39, 42, 47, 48, 49, 54, 56, 57, 61, 65, 66, 68, 69, 73, 76, 78, 80, 85, 87, 88, 89. PO Box 355, CHARTERS TOWERS 4820.

GRASSIFIEDS

PUBLICATIONS

HOMESCHOOLERS & CREATIVE teachers/parents: a new manual on English for mid-primary, *LOGIOS - Spirit of the Word*, by Steiner-based Alan Whitehead. Send \$10 to Golden Beetle Books. For more info write: PO Box 481, MULLUMBIMBY 2482, or write for titles list.

FOUR BOOK TITLES NOW AVAILABLE by Australia's foremost authority on nutritional health care, by mail order. 1. *You Can Knock Out AIDS with Vitamin C and Immune Nutrients*, \$15.95. 2. *You Can Sleep Soundly Every Night Without Drugs*, \$7.95. 3. *Fighting Fatigue and the Chronic Fatigue Syndrome*, \$15.95. 4. *A Recipe for Health, Building a Strong Immune System*, \$15.95. Please add \$1 for postage. FNQ Nutritionals, PO Box 8059, CAIRNS M/C 4870. Ph/fax: 070-537-243.

'**THE PERMACULTURE EDGE**' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

BOOKS ON FARMING YABBIES, ostriches, deer, agroforestry, fruits, nuts, berries, plant propagation, hydroponics, cut flowers, herbs, plant oils, poultry, worms, ferrets, organics, other alternative enterprises, general horticulture & agriculture. Regular specials now available. Please send SAE for a list to: COUNTRY LIFE BOOKS, Cornish Rd, Ardmoma 3629.

'**THE SEED SAVERS' HANDBOOK**' by Michel & Jude Fanton, newly released, \$23 post paid. Ideal Christmas gift. Box 975, BYRON BAY 2481.

'**SEPTIC TANKS**' *How to Install, Build & Maintain an Existing One*, easy-steps booklet. Don't desludge, treat the cause not the effect. \$20. H G Stephens, C/- PO Box 18, EAST MELBOURNE VIC 3002. Ph: 03-510-3192. 066-49-2704.

'**AUSTRALASIAN SURVIVOR**', the magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 39, BARKER CENTRE 2603.

'**NEXUS NEW TIMES**' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'**NIMBIN NEWS**' is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. Sample copy \$2.50. PO Box 209, NIMBIN 2480.

DEADLINES: GR 101 - DECEMBER 17th
GR102 - FEBRUARY 25th

GUIDE TO THE REAL Bible truth. Why we have so much pain in the world. (Would a perfect God punish the innocent?) God's true intention for us. Why self-sufficiency & communal living are biblical concepts. Keys to 666, the beast & the seal. For free copy ph: 063-677-350 or write to Godfrey Austin, Obley St, CUMNOCK 2867.

CONTACTS

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

NEW SOUTH WALES

WIDOW, 36, TWO CHILDREN under 7 yrs. European female living on beef property. Isolated. Please write to me if you are European only. Male/female penfriends welcome. Must be Christians around my age. Helen (GR 100), C/- PO Box 242, EUROA 3666.

SEEKING LIKE-MINDED man skilled in bushcraft, survival for mother earth's rebirthing. Exchange ideas, guidance. Jen, PO Box 1243, NOWRA 2541.

HEALTHY, HAPPY, huggable, 54 yo, sceptical, educated, adventurous, considerate. Building in mtns near flourishing village. Live simply, close to nature. Seeking affectionate, n/smoker, vegetarian, independent man, to share ideals. ALA, PO Box 850, TAREE 2430.

I'M LOOKING FOR MY LADY, to love, to share my house, my music & my life with. I live on a multiple occupancy 12 km NW of Nimbin. She could be 36 to 45. I don't mind your children (accom is limited), slim, maybe long hair, musically inclined, maybe a singer, loving, n/smoker, n/drugs, s/d, green fingers, simple living. Arthur, Lillifield, LILLIAN ROCK 2474. Ph: Arthur 066-897-394.

VIRGO LADY, seeking 50s gentleman, tall, faithful, thoughtful, well preserved, n/smoker/drinker, nature lover, for the rest of my life. Erika, PO Box 1199, BATEMANS BAY 2536.

MALE, 43, 6', fair hair, n/smoker, s/drinker, with 2 daughters 11 & 9 yrs. We would like to meet a lady that is GR minded. We live on a sml farm but would be willing to move for the right lady. Our interests are horses, gardening, bike riding, yoga, & more. We are interested in community living. Please reply with photo to: Norman, PO Box 120, EAST MAITLAND 2323.

SCIENTIST, semi-retired, seeks lady in the Canberra area for long-term r/ship. Interests include: travel, theatre, cinema, gardening, writing, walking. Reply with photo. PO Box 202, CURTIN 2605.

GRASS 78 ROOTS

BEING AN ETERNAL OPTIMIST, I still search for my sincere, unattached, uncomplicated, 20 to 30 yo, single lady, around 5'5, with maybe one young child (I have 6 yo girl), definitely of slim build + looking for secure family home, not opposed to values of 'old-fashioned' commitments, + who would one day like another child or 2. Definitely nonreligious, broadminded + able to share in an intelligent, sensitive, private easy-going alternative lifestyle. Chooks, cats, (no dogs), gardening, cooking, beach, music, walking, reading, poetry, etc + lots of understanding of love, life + laughter. Any nationality welcome. (I also speak fluent Spanish.) For further details refer to Contacts in GR 96, only then, if you are still honestly interested, + not just curious, write to me. Please include a photo. Brian, Box 426, MORUYA 2537.

GENT, DIVORCED, 48, 5'8, 10 st, sml build, Gemini. Into n/vegetarian cooking, markets, animals, massage, peace & quiet, sense of humour, n/drinker/smoker. Has comfortable home on few ac Coffs Harbour, Hinterland. Looking for lady to share it with. If you are 35-45, sml frame & are looking to relocate + re-enter a r/ship, children welcome. If you are within 250 km, please write. C/- PO Box 23, NANA GLEN 2450. All letters answered.

IS THERE A GR MAN out there, young 40-50, who has a passion for skiing - downhill, cross country, ski-touring in Aust & o/seas? I am 41, fit, n/smoker, occasional s/drinker, into mtns, bushwalking, exercise & humour. I live on a farm & have a full-time job. Would love to hear from a soul mate. Write: 'Tamara' (GR 100), C/- PO Box 242, EUROA 3666.

MALE, 33, 5'10, blue eyes, brown hair. Interests include: friendship, New Age, farming, broad-minded. Looking for female who is broad-minded & looking for r/ship. Simon (GR 100), C/- PO Box 242, EUROA 3666.

IS IT YOUR DREAM to live in a beautiful peaceful area in a mud brick house surrounded by f/trees, vegies & flowers? Well, I'm looking for a woman to share this with me (young child or children OK). The property is 65 ac, borders the Warrambungles Nat Pk & the house is at present being built. My interests include: spiritual life, yoga, healthy lifestyle, astrology, vegetarianism, walking & being with nice people. A 40 yo, enterprising, caring, purposeful & sensitive Cancerian. Please reply with recent photo. Michael (GR 100), C/-PO Box 242, EUROA 3666.

NORTHERN NSW. I am an attractive, intelligent, single woman of the gentle type, (but not meek and mild!), who enjoys good company, healthy living, loving, gardening, music, travel & living in the peace & quiet of the country. I am in need of a male companion of similar interests & kind, aged 35-55. L H (GR 100), C/- PO Box 242, EUROA 3666.

BORED 49 YEAR OLD, drinks, smokes, swears, seeks correspondence with people who had a really good time in the years between the pill & AIDS, just for old times sake & amusement. Reply to: John (GR 100), C/- PO Box 242, EUROA 3666.

GRASSIFIEDS

NEW SOUTH WALES

LOVING MAN, 28, tall, slim, vegetarian, seeks n/smoker, n/drinker, n/drugs, supportive woman, interested in inner child rebirth, healthy boundaries, family of origin, & ready to share a part of themselves. Intuitively you will know. Brett (GR 100), C/- PO Box 242, EUROA 3666.

MALE, 41, **ATHLETIC**, 5'10, fantastic humour, sensitive. Loves outdoors, sailing, surfing, travelling & intimacy, n/smoker, s/drinker. Seeks caring, fun loving, witty woman. Prefer unattached & of similar interests. Reply: 'B' (GR 100), C/- PO Box 242, EUROA 3666.

SLIM MALE, YOUNG 44, nonambitious, semiretired professional, n/smoker, n/drinker. I don't live on distant wilderness acres, nor aspire to complete self-suff or commune life. Perhaps, like you, I read GR because it helps turn the thoughts to things more natural than my present Sydney surroundings. I love walking, nature & simple living. Dislike dogma & all those '-isms'. Cherish gentleness & quiet moments. Would eventually like a bit of bush near a NSW coastal town. But it's important to consider where she might prefer to live. Tricky, when I have yet to meet her! Is it you? Dare you risk losing a 45c stamp? You're healthy, have no ties, and maybe have given up looking for a reliable, easy-going & affectionate fellow. Please try 'David' (GR 100), C/- PO Box 242, EUROA 3666.

KRYSTAH, please contact J W B of Dubbo again. C/- PO Box 1656, DUBBO 2830.

QUEENSLAND

EUROPEAN MALE, fit & 40s, educated & thoughtful, gentle & caring, n/smoker, n/drinker, n/hassles, seeks correspondence with mature, adventurous female. Interests: music, books, philosophy, science, politics, nutrition, alternative healing, gardening & cooking. If you are cuddly, unconventional with a sense of humour please write to: Pisces, PO Box 4006, Ashmore, GOLD COAST 4214. All letters answered, pictures returned.

SINGLE CHRISTIAN LADY, 32, quiet caring nature, enjoys bushwalking, reading, letter writing, craft, self-suff, markets, animals, music. Would like to correspond with a single Christian man of similar age & interests. Please reply: PO Box 10474, BRISBANE 4000.

LADY, 46, loves ocean fishing, gardening, travelling, world's wildlife, r/forests, photography, C & W music plus other types, thunderstorms, country life, & a million other things. All letters answered. Edna Vanderwolf, 22 Alfred St, TANNUM SANDS 4680.

MALE, 36 yo, 170 cm tall, nonhyperactive, gentle, easy-going nature, n/smoker, light drinker, seeks lady to similar age, similar nature, to share life & pleasures with on sml acreage in central Qld. Write: David, PO Box 814, GLADSTONE 4680.

TAURUS WIDOW, late 50s, n/smoker, s/drinker, into casual lifestyle, wanting loads of laughter in my life, seeks gent similar age for companionship. My interests include: jazz, spoons, books, movies. Laura (GR 100), C/- PO Box 242, EUROA 3666.

ANSWERING A CONTACT AD?

Please put each letter in a separate, stamped envelope addressed C/- GR.
We will re-address & forward it.

WRITE: lovely, fun lady 28, 5'6, slim & shapely, long hair, lge green eyes. Wishes tall, attractive, warm, Christian bush gentleman. Photo/ph necessary. R Dorey, C/- PO, MANUNDA 4870.

COUNTRY LADY, late 50s, would like to correspond with persons with like interests. Non/drinker, n/drugs, country living, animal welfare, bushwalking, beachcombing, fossicking, native animals, environment, plays, some rock concerts, good movies, dining out, simple lifestyle with genuine friends, not into parties, clubs. J R (GR 100), C/- PO Box 242, EUROA 3666.

VICTORIA

I'M SEEKING A FELLOW ADVENTURER! Are you passionate, enjoying all that makes your heart sing, with zest? You were a high flyer, maybe in the corporate concrete jungle. Now an earth lover, you look for a peaceful existence in harmony. You are balanced & content within yourself, aware, learn from your 'miss-takes', you do 'whatever it takes', & know your attitude determines your altitude. No past ties, emotionally or financially, ready to discover new places around Australia & beyond. I am all of the above - soft, sensual, 5'2, attractive, blue eyes, nice figure, feel alive 35, am 45. Seeking a GR man who communicates openly & with joy, loves touching, massage, sensuality, coupling at a deeper level than the human one (very different to sex!). I live a healthy life on Mornington Peninsula, enjoy diving, horse riding, camping, sailing, skiing (snow). Well travelled & educated (you too please), ready to find a piece of paradise to nurture & love in. I am eclectic, gentle nature, & wise. The music of the night stars my being, do you listen also? You are under 50, flexible, can negotiate without anger in r/ship. Non-smoker, s/drinker, n/drugs, you cook & enjoy good wine. Please reply in detail to: K K (GR 100), C/- PO Box 242, EUROA 3666.

CHEERFUL, LOVING, CARING, widow in her 60s, interests: dancing, music, nature, gardening, fishing. Seeks sincere dependable male with sense of humour for companionship. Trudy (GR 100), C/- PO Box 242, EUROA 3666.

INTELLIGENT, ARTICULATE, unconventional, country dwelling woman, approaching 40, seeks woman for friendship, intimacy & mutual support. Books, creativity, physical labour, mirth, banquets & the still of the bush are but some of my pleasures. Free thinking, physically expressive, emotional persons with a strong sense of play are simply a breath of fresh air. Children? Yes! Please write: Sappho (GR 100), C/- PO Box 242, EUROA 3666.

If you doubt the wisdom of replying to any ad - trust your intuition.

GRASS 79 ROOTS

WAGE PLUS ACCOMMODATION, offered to person (single or with partner) to work on 100 ac organic farm close Melb. Energy, enthusiasm & intelligence required. Farm owned & worked by women. Enq welcome from women. Ph: 03-710-1703.

PISCES LADY, 29, with 2 young children, looking to meet man 28-35 for friendship. Interests include: the beach, bushwalking, travelling, gardening, romance & cuddles. Looking forward to your letter. Reply: Pisces Lady (GR 100), C/- PO Box 242, EUROA 3666.

WOULD LIKE MALE PENFRIENDS from 58-65 yo, n/drinker, n/smoker, active outdoor life, fit easy-going. Must be over 5'8 tall. Please write: Joan (GR 100), C/- PO Box 242, EUROA 3666.

AUSSIE GENT, 43, 5'11, 10½ st, easy-going, outgoing, honest, sober, Libran, experienced bushman, mechanic, welder, smoker, n/drinker. Well travelled Aust. Would love the company of a short, slim, sensible woman with no ties, to share my life & home - a 36' Leyland bus - cum mobile home. I want to spend the winters up nth, painting pictures & the summers, Snowy Mtns, gold mining on our lease. Write: Alan, PO Box 196, SWIFTS CREEK 3896.

FIRESIDE CHAT & DINNER PARTY, when in Melb, cosy home, log fires. Welcoming positive, down-to-earth people over 25 interested in personal growth. Come & meet like-minded friends! First Fri & Sat of month. Christmas Tree Cottage, C/- PO, SOUTH YARRA 3141. Ph: 03-866-2840. Tell a friend. **AS YOU LIKE IT**, singles social group for n/smokers, Melb, Yarra Valley areas. Meet for bushwalks, bbqs, dine-outs, scrabble etc. Most aged 30-50. Send \$5 for 3 mths sub, current news of events. AYLI, 12/15 Yarra St, HAWTHORN 3122. Ph: 03-819-0664.

SOUTH AUSTRALIA

MALE, 44, 6', 88 kg, down-to-earth, easy-going, n/smoker. s/drinker, quiet natured, no hang-ups, no ties, honest, old-fashioned values, sense of humour. Interests: sport, fishing, keeping active. Occupation: 33 ac horticulture property. Seek female for perm loving r/ship. Write Ted, PO Box 757, RENMARK 5341.

LONELY, AFFECTIONATE, Aussie gent, own cottage, car, boat, c/van, definitely not wealthy. Seeks lady of slim build, any nationality, who is lonely, with no assets, & will appreciate what I have, to share, for perm companionship, marriage possible. PO Box 422, BARMERA 5345.

GR MALE, 36 yo, Virgo, down-to-earth & easy-going, wish to meet GR female age 25-35, down-to-earth, easy-going, to share 2 bed house. Free rent, share expenses & help with housework/cooking & be able to do book work for sml recycling business. Must like music, animals. Plenty room vegie patch if interested. Social/smoker, drinker, rager OK. No hard drugs, weirdos, religious freaks. Location is the start of Flinders Ranges. Name of the town is Quorn, beautiful country for touring. All letters answered. Send replies to: Phillip, Lot 13/16 Jeffrey Cres, MURRAY BRIDGE 5253. Ph: 085-311-139.

GRASSIFIEDS

CONTACTS

SOUTH AUSTRALIA

VIRGO MALE, caring, 39 yo, seeks friendly, free spirited female for soul mate (25-40). Currently living in Adelaide. Moving to Mildura April 94, for quieter GR type lifestyle. Child most welcome. Please write to: Wayne, PO Box 137, TORRENSVILLE 5031.

MALE LIBRAN, 39, employed. Interests incl music, travel, nature. Seeks unattached lady to 35. Please write: Angus, C/- PO, PENNESHAW 5222.

OLD-FASHIONED LADY, 60 yo, n/smoker, n/drinker, who enjoys/appreciates simple things in life. Like to meet/correspond old-fashioned gent, 56-62, with similar interests. M J (GR 100), Box 242, EUROA 3666.

TASMANIA

TASMANIA, LAUNCESTON AREA. Gent early 40s, positive, genuine & sincere, would like to meet a lady of any age with a similar nature. Children are welcome & all letters will be answered. Please reply. Chas (GR 100), C/- PO Box 242, EUROA 3666.

WESTERN AUSTRALIA

EUROPEANGUY, 45, 6'2, n/smoker, n/drinker. Seeks down-to-earth lady for (if compatible), r/ship & future together. Would be willing, in time, to move to other part of country for the right lady. At present I'm self-employed. If you believe in 'we both win', please write to: J M (GR 100), C/- PO Box 242, EUROA 3666.

ANSWERING A CONTACT AD?

Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address & forward it.

NORTHERN TERRITORY

NONMONAGAMOUS PENSIONER, smoker, n/drinker, almost vegetarian, 50s, seeks woman to share alternative lifestyle in conventional area Northern Territory. Age unimportant & children welcome, but must be vigorously healthy with keen sense of the ridiculous. '99' (GR 100), C/- PO Box 242, EUROA 3666.

OTHERS

SLOW VAN TO CAIRNS - via Surfers, Melbourne, Adelaide... Travelling advertising photographer/magazine photo-journalist seeks people with similar interests to share expenses & adventures. Weddings, parties - anything. Please write. Trevor J. Wilkins, PO Box 466, MERMAID BEACH 4218.

THE HARMONY FRIENDSHIP Circle puts natural people in touch with natural friends. SAE to PO Box 555, MALENY 4552.

FILIPINA, 26 yo, would like to correspond Aust male, n/smoker, honest, single, loving, age from 30-45. Please write to me: Miss Terry Taylaran, Masabud Clarin, Misamis Occidental, PHILIPPINES 7201.

INDIAN LADY, attractive, sincere, 30 yo. Presently living with mother in Fiji. Have 2 lovely girls & little boy. Enjoy family life & country living. Would like to settle with a kind, thoughtful man in Aust & share a happy future together. Prefer a n/drinker, n/smoker, about 30-45 yo. Shakuntla Devi, C/- PO Box 235, GIN GIN 4671.

FIJI INDIAN, male (tradesman), 24 yo, graduate. Seeks life partner age from 18-24 yo, secured job. Prefers medical personnel but is not necessary. Reply to: Mahesh Prasad, PO Box 2582, Ba, FIJI ISLANDS.

FIJI INDIAN, female, 18 yo, slim/med, black hair, brown skin. Prefers boys age from 20-26, view marriage. Reply to: Sunita Devi, PO Box 2582, Ba, FIJI ISLANDS.

Hi! I'm Marilou Sabalones, 30 yo, tall, slim & not bad looking. I would like to correspond with Aust men without ties, between the ages 35-55. Address to: Mansueto Subdivision, Bulacao, Talisay, Cebu, PHILIPPINES.

HELLO, I'm Letecia Bataan, 27 yo, height 5'5. Seeking marriage minded man, sincere, honest & genuine interest. Address: Dasuna - Lutopan, Toledo City, Cebu 6454, PHILIPPINES.

BEAUTIFUL FIJI INDIAN GIRL, age 22 yo, would like to correspond with European man between age 25-38. If interested reply with photo to: Malti, PO Box 2107, BA, FIJI. My address was incorrectly printed last time, so if you wrote and had no reply please try again.

Please refer to page 68 for details on how to advertise.

Sender's Name		For issue no/s	
Address		Classification	
..... Postcode		Cost	
General advertisements cost 30c per word, and property for sale is 40c per word.			

LATE GRASSIFIEDS

PROPERTY FOR SALE, SUNSHINE Coast, Qld, 'Place of Tall Trees'. Renovated, 4 b/r, solid block home enclosed by estab r/forest trees & palms with near 360° breathtaking views overlooking bush valley & surrounding forestry. Lge, new, steel shed, huge pantry, 2 dams, pump, fenced, greenhouse, extensive l/scaped gardens, 2 chook runs, entertainment area, estab organic orchard & vegie gardens, on chemical-free volcanic soil, close all amenities, bit rd to Fraser, Rainbow & Gympie (15 mins). Seclusion, privacy, flora & fauna & more.

Nothing to spend, just enjoy. Reluctant sale, rare opportunity. \$145,000. Ph: 074-833-775.
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PROPERTY FOR SALE, EAST COAST TAS, Four Mile Creek, 26 ac r/forest, perm streams, GRASS 80 ROOTS

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PROPERTY FOR SALE, PEMBROOKE, NSW, 13 km to Timbertown, Wauchope: 265 ac property, undulating, 80 ac cleared, rest forest. Three b/r, Hardiplank home, 2 bathrooms, kitchen & pantry, sep din room, lounge room, office, laundry. Large sheds, lock-up workshops, large ex-dairy building with cool room & storage. All sheds have power. New stockyards, perm crk, 2 dams, windmill, 130 mixed fruit & nut trees, all u/ground irrigation. \$320,000. Ph: owner 065-859-228 after 6 pm.

Feedback Link-Up Feedback

Dear Grass Roots,

Re a letter from N M Taylor about EGGSHELLS (GR 97). To return them to the chooks bake in a warm oven until completely dry, then crush and add to any dry feed or shake into their pen.

Anne Sinclair

116 Bronzewing St, TAHMOOR 2573.

Dear GR Readers,

I am a 23 year old separated mum of six (6, 4½, 3½, 2½, 1½ and 6 months). As everyone can well imagine I don't get a great deal of spare time so I need to establish a LOW MAINTENANCE YARD and gardens. I'd like to establish a successful vegetable garden instead of my few sick plants. Any information on companion planting and organic pest control would be appreciated. Also if anyone would just like to write I'd love to hear from you as my own company day in, day out drives me crazy.

Karen Howell

19 Stirling St, Brayford Park, BEAUDESERT 4285.

Dear GR Readers,

I, like the majority of you, have come to detest the society that we have been born into and, like a large number, have decided to do something about it. I have a 'Grand Plan' to establish a LARGE COMMUNITY of like-minded people. A community that fosters and encourages love and understanding. A community devoid of capitalistic intent, no trade, no barter. Not a society founded on democracy or socialism or fascism but an autocratic one founded on honesty. A community that has to work and struggle together to survive together.

Too many people have thought me mad, tried to tell me it's too idealistic, too difficult and that it would never work in practice. To these people I say that they have convinced me even more of the need for such a society.

One of my problems though, is I simply do not have the experience. This is where I need you. I seek similar communities to learn from, to gain the benefit of your knowledge and experience. So if you currently live in an alternative, self-sufficient, self-reliant community I would like to hear from you. I don't just want you to tell me about your experiences, although I would not refuse that, but I want to live it and work in it so I can find the best of each and combine them to create another.

I am also seeking like-minded individuals or groups who would like to be a part of my dream because I can't do it alone. I won't pretend that my motives are purely altruistic. I'm no saint, my motives are purely selfish. I want to choose the society that I live in and believe others share similar goals. If you can help or care to discuss these issues with me or even join me then I would sincerely love to hear from you.

Scott Bowman

9 Lodesworth Rd, BALGA 6061.

Dear Friends,

I am looking for some use (apart from children's kindergartens), for the inner tube from toilet rolls. Either craft or other.

Also I am looking for some tried and proven fruit wine recipes, any fruit flavour. I am very keen to make my own wine.

I am also interested in getting New Guinea Gouda (?) bean seed. Do any other GR readers have the seeds for these beans or do they know where I can purchase them from?

I enjoy reading *Grass Roots* and look forward to each new issue. Thank you for your Feedback page, it is such a wonderful idea.

Barbara Fittler

PO Box 218, ACACIA RIDGE 4110.

We printed some wine recipes in GR 98 and have more to come in a future issue.

Dear GRs,

I'm writing from fumey Melbourne and I would really like to hear from anyone who uses or has used NATURAL SEA SPONGES instead of tampons. I use them myself but I'd like to hear from lots of other people about good and bad experiences they have had with them, along with any hints about size, shape, cleaning or anything else. This is because I want to suggest they be sold at my food co-op and I want to write an accompanying instruction/advice sheet to go with them.

Kath Deighton

7 Austin St, FAIRFIELD 3078.

Dear Grass Roots Friends,

We need help again. This time we would like to know if there are any plants or trees that will GROW IN CLAY SOIL and take being watered with BORE WATER. What we manage to get green, the roos eat off. Also we have some GR magazines to sell or swap. We have numbers, 39, 42, 47, 48, 49, 54, 56, 57, 61, 65, 66, 68, 69, 73, 76, 78, 80, 85, 87, 88 and 89. The numbers we are after are numbers 1, 2, 3, 4, 5, 6, 7, 10, 11, 14, 16, 17, 18. We have always been lucky with our requests for help in the past, so we are sure there is somebody out there who is having problems with bore water as we are and can help us to grow a garden.

Bill, Betty & Vanessa

PO Box 355, CHARTERS TOWERS 4820.

Dear Grass Roots Friends,

I am pleased with the response to my REQUEST FOR PENPALS in GR 96. A tip to folk writing to a person for the first time. Please print clearly, your name, address, state, country on letterhead and envelope back. It is very hard trying to decipher a stranger's writing at times. I received 27 letters in all: one from England, one from Penang, none from Western Australia or Northern Territory. If your interests are the same, drop me a line: gardening, bottling, food drying, knitting, spinning and many other crafts. I had the pleasure of meeting one of my first penpals, Margaret from Chirnside. We have shared some info and cups.

Rose Thompson

13 South St, NANANGO 4615.

Dear Grass Roots,

I have been attempting to obtain land anywhere in Australia, for the purpose of developing a REVEGETATION THOUGH PERMACULTURE programme. I have enquired in South Australia and Northern Territory where I see the most need to restrict the spread of deserts and make the habitat useful and life supporting. Well I am just about to give up on the respective state governments so I thought possibly some readers may have arid, dry, nonproductive areas on their properties that they may be willing to offer for my programme.

I am not wealthy but I would be prepared to work in exchange for the land. I have experience in building and construction, permaculture design, music, teaching, and too many other things to mention. I am 27 years old, fit and healthy and I want to prove that any land is reclaimable and workable enough to establish self-sufficiency on. I would even be willing to work under contract for an owner, for say 12 months, in exchange for say five acres.

I await most eagerly your letters and will answer all mail.

Darren Bujeya

PO Box 1099, FRANKSTON 3199.

Dear Grass Roots,

We're planning on buying some land (about 30 acres) around the BUNDABERG AREA, or possibly Ipswich. Can any readers please give us some info on soil types and crops grown in the area? Any info will be most appreciated.

Lisa & Mark McAdam

C/- 22 Lockwood Ave, GREENACRE 2190.

Dear Grass Roots Readers,

We plan to live in YANDOIT where we have six acres of land. I am looking forward to making the move and settling down there, but I am a bit concerned that I will miss Melbourne. I would like to know if there are people in the area (Daylesford, Hepburn Springs etc) who are interested in 'A Course in Miracles'. Also, I would like to start a LETs system. I would like to hear from anybody who shares my interests.

Mary-Rose Bedewi

22 Rowan St, EAST DONCASTER 3109.

Dear Megg & GR Gang,

I have a DANDRUFF REMEDY I would like to share: One bunch of milk thistle weed (flowers, roots and all), roughly chop up, and place in bowl. Pour over boiling water until covered, steep for two to three hours. Strain. Pour liquid into a squeeze bottle and, if you like, add a drop of essential oil for aroma. Rinse hair with this after every wash. Milk thistle weed is everywhere, and it's free. Try it, you will be amazed.

Skye Crowe

78 Carr St, MOOROOPNA 3629.



Gumnut Gossip

by Megg Miller.



Usually when I sit down to write this column I spend long periods gazing at a blank page, awaiting inspiration. Not so this time; for once I am clear on what I want to write. GR owes much of its success to the multitude of people who have helped in one way or the other over its years of publication. This, the hundredth issue, is an appropriate time to express our thanks.

Those who have read the *Early Years* – a compilation of the first five issues of GR which is currently out of print – may recall our acknowledgement in it of the friends who lived with us in the early seventies and helped lay the foundations for *Grass Roots*. Gerry, Gary, John and Sue and Bob and Judy, all shared their different practical skills at a critical time in the magazine's development. Deidre, a local crafts person and secretary, was invaluable too, educating us in simple office procedures and also laboriously compiling mailing lists for distribution from phone books Australia-wide. Our data base today is far removed from the card index system of the seventies; the early assistance Deidre gave put us on track from the very start.

A few years later, when we were working towards forming a community, GR was embraced by its prospective members – Jude, Hazel and Andrew in particular shouldered the day-to-day running of it, giving us the only break we've had from deadlines over twenty years.

One early problem we encountered was finding suitable photographs. David, although enthusiastic, took many disappointing shots and it was as a result of this that we met Howard and Gil. They ran a small photography business on the edge of the city, supplying schools and publishers with evocative and unusual material. Not only did they straighten David out, but they demonstrated the finer points of design and layout which had eluded us. Over the years we have used many of their photographs and the shots David takes today are a reflection of the early coaching they both gave.

Another person who contributed to the look of GR was Ian Boyd, who designed and executed the artwork for the cover eons ago. Meeting Ian and his family was extraordinary. David and a very young Suni noticed a yellow bus slumbering in the parking bay at the end of our road. Overcome with envy, they stopped off to say hello. The family were GR readers on their way to Queensland, and more than happy to spend a day or two at our place. By coincidence Ian was a commercial artist, and set about creating a more distinctive cover for GR. The new design gave us professionalism we had lacked and put us into the general marketplace and thus Australia-wide distribution.

Gordon and Gotch, the magazine distributors, were amazed when we approached them for placement in their network. They couldn't believe such a fringe publication had been going for 5-6 years, because even then magazines came and went at an alarming rate. They were astounded too by our temerity in distributing the mag ourselves and were agreeable to take it on provided it was published bimonthly. We received much assistance from Keith Wallace in the Sydney office, we certainly needed it, and today are still under the umbrella of this company. In fact Cameron Swale, who looks after many of the specialist magazines, encouraged us to reprint the souvenir copy of No. 1 and has been most enthusiastic about our centennial issue.

Of course you can't have a magazine without a printer. We're grateful to our first printer, Jim Lowden for getting GR up and running, but as it was printed letterpress, we had to look to the more economically viable offset method. Many fruitful years were spent with Waverley Offset, in an outer Melbourne suburb, the relationship terminating when the business burnt down. We were delighted when we started with Westernport to find that many of the old faces from Waverley had relocated, and GR was virtually in the same hands as before. Brian Henry from Westernport has liaised with us on a regular basis for years now, and is generous in accommodating our delays and problems resulting from distance.

Any business is only ever as good as its staff, and we have had some of the best. In the last fifteen years we have had the benefit of employing a colourful and interesting cross section of personalities. Most have stayed a few years and then either sought new horizons or taken on the challenge of motherhood. All have been versatile, intrepid people coping equally with forces of nature or their computer terminal. Between them they have endured flooded roads, wild winds and flying chookhouses, falling tree limbs, mud, aggressive ganders and the occasional snake; while inside there's been an array of spiders, wasps and of course, our resident possum. And then there is the matter of the primitive privvy. A heartfelt thank you to all our staff, past and present for a job well done, but also for making the job your own and caring deeply about the magazine and its readers.

Our writers and advertisers have also contributed to the quality and success of GR. Because we carry less advertising than other magazines, the revenue generated from this area has been of utmost importance to our viability. We see our role with advertisers as mutually supportive, and are pleased we can play a role in making available a range of products and services that complement the GR lifestyle.

Our writers are the backbone of the magazine – without their contributions we would probably have failed. GR contributors don't have to be a dab hand at writing, but they must be authentic; we regularly turn away professional writers because their work is merely a revamp of reference sources. The hands-on approach we ask for, and receive, is what sets the magazine apart; it is akin to the swapping of recipes and ways of doing things that was part of yesteryear. Thank you, all of you, for taking the time to scribble your thoughts and experiences down and, in doing so, sharing a small part of your unique being.

Last, but not least, we have our readers whose support is vital to us all. GR readers are almost impossible to categorise, they come from all walks of life and vary from very conservative to being shonky, or even right off the planet. They are unusual too because they're all prepared to read and write – one contribution alone in a previous issue received more than 600 replies, incredible considering the electronic age we live in.

Regardless of their personal beliefs they are generous to a fault, and will share even the shirt on their back. They give bouquets out freely and are not backward with the brickbats. Most importantly, they too are people who care – about each other and the future of the world.

Thank you all for making GR the success it is.

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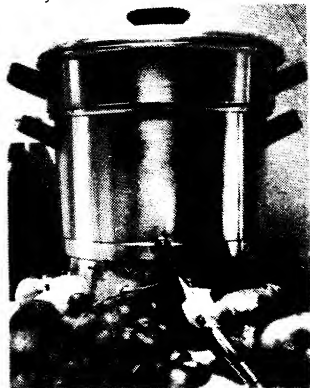
Fill water in container 1, place together with juice container 2 on ANY STOVE OR HOT PLATE.

Fill basket 3 with approximately 4.5 kg of fruit or vegetables. (Apples, peaches, berries ect. or mix.)

Place basket into juice container 2 and seal with lid 4.

Boil water for 35-70 minutes depending on fruit or vegetables.

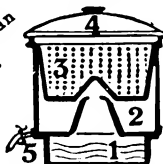
A list of 18 fruit types, steaming times and instructions come with the juice extractor. After steaming time open tube clamp 5 on juice container.



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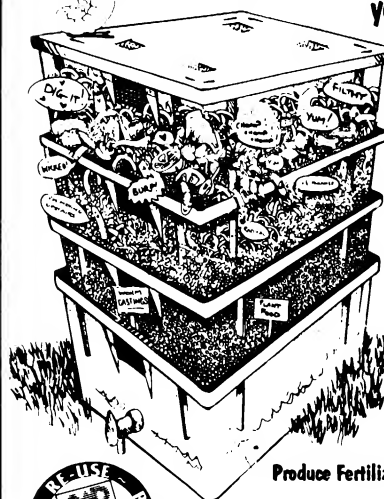
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